

OVER 400 activities inside!!

July - December 2017

# ABQ 50+ Activities Catalog



STRIVE  
FOR  
WELLNESS



KNOW  
YOUR  
RIGHTS

STAY  
ENGAGED



EXPLORE  
NEW  
THINGS



AGE OUT  
LOUD!

Richard J. Berry  
Mayor



CITY OF ALBUQUERQUE  
DEPARTMENT OF



BERNALILLO COUNTY  
SENIOR AFFAIRS



Jorja Armijo-Brasher  
Director

# Something for Everyone!



Dear Friends,  
I am very pleased to present you with the Department of Senior Affairs Activities Catalog for July – December 2017. The theme of this catalog is “Age Out Loud”.

More than ever before, seniors are working longer, trying new things and engaging in their communities. They are taking charge, striving for wellness, focusing on independence, and advocating for themselves and others. They expect to continue to live their lives to the fullest, and they’re insisting on changes that make that possible. Whether you are still working, recently retired or just now starting to think about retirement, you will find a wide variety of activities in this catalog with you in mind. From travel to the opera, to aerobics, hiking, watercolor painting, computers, the Department of Senior Affairs centers are a kaleidoscope of opportunities. So take charge, strive for wellness, focus on independence, advocate for yourself and others, and “AGE OUT LOUD”.

Sincerely,

Richard J. Berry  
Mayor



Dear Friends,  
Getting older doesn’t mean what it used to. For many of us, aging is a phase of life where interests, goals, and dreams can get a new or second start. Today, aging is about eliminating outdated perceptions and living the way that suits you best.

The theme of this catalog is “AGE OUT LOUD,” and it emphasizes the ways that we as older adults are living our lives with boldness, confidence, and passion while serving as an inspiration to people of all ages. I see people in the centers exercising, playing pickleball, hiking, fishing, dancing, taking language classes, and computer classes.

I invite you to take a look inside this catalog and find that class, trip, hobby, or group that excites you. Step into a center and immerse yourself in the activities and programs that our Department has to offer you. For more specific information on all of the services that the Department of Senior Affairs has to offer, please feel free to call the Senior Information & Assistance Program at (505) 764-6400, Monday – Friday, between 8:30 a.m. and 4:30 p.m.

Sincerely,

Jorja Armijo-Brasher  
Director

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**COME MAKE IT  
ANOTHER BANNER YEAR!**

# Center Directory

NATIONALLY ACCREDITED SENIOR  
& MULTIGENERATIONAL CENTERS

Accredited by  
National Institute of  
Senior Centers

## Barelas

714 7th St. SW, Alb, NM 87102  
Phone: 764-6436 • Fax: 764-6472  
Monday–Friday, 8:00 am–5:00 pm

## Bear Canyon

4645 Pitt NE, Alb, NM 87111  
Phone: 767-5959 • Fax: 767-5964  
M, T, W, F, 8:00 am - 5:00 pm  
Thursday, 8:00 am - 9:00 pm  
Saturday, 9:00 am - 3:00 pm

## Highland

131 Monroe NE, Alb, NM 87108  
Phone: 767-5210 • Fax: 767-5224  
M, T, Th, F, 8:00 am - 5:00 pm  
Wednesday, 8:00 am - 7:00 pm  
Saturday, 10:00 am - 4:00 pm

## Los Volcanes

6500 Los Volcanes NW, Alb, NM 87121  
Phone: 767-5999 • Fax: 767-5992  
M, T, W, F, 8:00 am - 5:00 pm  
Thursday, 8:00 am - 7:00 pm  
Saturday, 9:00 am - 1:00 pm  
Hotspot Gift Shop  
Mon. - Fri., 9:00 am - 1:00 pm

## North Valley

3825 4th St. NW, Alb, NM 87107  
Phone: 761-4025 • Fax: 761-4031  
During bathroom renovations, we will be partially open Monday - Friday  
8:00 am - 5:00 pm

## Palo Duro

5221 Palo Duro NE, Alb, NM 87110  
Phone: 888-8102 • Fax: 888-8107  
M, T, Th, F, 8:00 am - 5:00 pm  
Wednesday, 8:00 am - 7:00 pm  
Saturday, 9:00 am - 1:00 pm  
Desert Willow Gift Shop  
Monday–Friday, 9:00 am - 2:00 pm

## Multigenerational Centers

### Manzano Mesa

#### Multigenerational Center

501 Elizabeth SE, Alb, NM 87123  
Phone: 275-8731 • Fax: 275-8734  
Monday - Friday, 8:00 am - 9:00 pm  
Saturday, 9:00 am - 3:00 pm

### North Domingo Baca

#### Multigenerational Center

7521 Carmel Ave. NE, Alb., NM 87113  
Phone: 764-6475 Fax: 764-6489  
Monday - Friday, 8:00 am - 9:00 pm  
Saturday, 9:00 am - 3:00 pm

#### Breakfast at the Centers

Enjoy a full menu breakfast Mon. - Fri., 8:00–9:00 am at all of our centers.

#### Lunch at the Centers

#### Area Agency on Aging

#### Funded Meal Sites:

**Barelas, Los Volcanes, North Domingo Baca, North Valley, Manzano Mesa**

Reserve by 1:00 pm one work day prior.  
Mon - Fri, 11:30 am - 1:00 pm  
\$3.25 for 50 - 59, \$7.67 for guests under 50 (including children) If you are 60 or older, donations are accepted to help cover the expense of preparing the meal, however no one will be denied services for choosing not to donate.

### City of Albuquerque

#### General Fund Meal Sites:

**Bear Canyon, Highland, Palo Duro**

Monday–Friday, 11:30 am - 1:00 pm  
You may purchase soup, salad, sandwich, or you may purchase the nutritionist meal that is served at our other Centers for a nominal fee.



## Mission:

*The Department of Senior Affairs is a community leader, who in partnership with others, involves seniors and people of all ages in creating a community that enhances everyone's quality of life by providing opportunities to achieve their potential, share their wisdom, maintain their independence, and live in dignity.*

## Fitness Centers

The Department of Senior Affairs has six Fitness Facilities located through the City to meet all of your fitness needs. See page 48 of the catalog for a location nearest you or call 880-2800 for more information.



City of Albuquerque, Richard J. Berry, Mayor  
Robert J. Perry, Chief Administrative Officer  
Michael J. Riordan, P.E., Chief Operations Officer  
Jorja Armijo-Brasher,  
Director, Department of Senior Affairs

**Department of Senior Affairs Advisory Council**  
Debby Knotts , Chair  
Greg Lopez  
Marianne Chiffelle  
John Romisher  
C. Hugh Formhals  
Rada Moss

**City Councilors**  
District 1 Ken Sanchez  
District 2 Isaac Benton, President  
District 3 Klarissa J. Peña  
District 4 Brad Winter, VP  
District 5 Dan Lewis  
District 6 Pat Davis  
District 7 Diane G. Gibson  
District 8 Trudy E. Jones  
District 9 Don Harris



The City of Albuquerque/Bernalillo County Department of Senior Affairs Administrative Offices are located at 714 7th Street SW. Program inquiries may be directed to 764-6400.

**2** Rhonda Methvin, Recreation Division Manager

**3**

# Center Directory Continued

## Satellite Centers

Sites are generally open Mon.–Fri., 9 am–3 pm, and offer activities as well as a hot meal for lunch. Lunch reservations are required. Menus and activities calendars are available. Suggested contributions: 60 and older: Donation; 50-59: \$3.25/meal; under age 50: \$7.67/meal. Limited transportation for neighborhood residents is available to some sites. Call below for information.

### Nutrition Program Office

2540 Karsten Ct. SE, Alb, NM 87102  
764-6474

### Alameda Satellite

Raymond G. Sanchez Community Center  
9800 4th Street NW, Alb, NM 87114  
897-8896

### Armijo Satellite

1714 Centro Familiar SW, Alb, NM 87105  
873-0047

### Ed Romero

8100 Central Ave SE, Alb, NM 87108  
232-8880

### Embudo Towers

8010 Constitution NE, Alb, NM 87110  
764-6467

### Encino Garden

412 Alvarado SE, Alb, NM 87108  
266-7736

### Encino Terrace

609 Encino Place NE, Alb, NM 87102  
247-4185

### La Amistad

415 Fruit NE, Alb, NM 87102  
848-1395

### Cesar Chavez Community Center

7505 Kathryn Ave SE, Alb, NM 87108  
256-2680

### Los Duranes Community Center

2920 Leopoldo NW, Alb, NM 87107  
767-5900

### Tijeras Senior Center

#10 Tijeras Ave, Tijeras, NM 87059  
286-4220

### Paradise Hills

5901 Paradise Blvd NW, Alb, NM 87114  
314-0246

### Rio Bravo

3910 Isleta Blvd SW, Alb, NM 87105  
873-6647

### Shalom House

5500 Wyoming NE, Alb, NM 87109  
823-1434

### South Valley Multipurpose Senior Center

2008 Larrazolo SW, Alb, NM 87105  
468-7604

### Taylor Ranch Community Center

4900 Kachina St NW, Alb, NM 87120  
768-6006

### Thomas Bell Community Center

3001 University SE, Alb, NM 87106  
848-1333

### Whispering Pines

#6 Lark Road, Tijeras, NM 87059  
281-8003



See Pages 45-46 for  
Satellite Center Activities!!

Enjoy good food, good company,  
and great entertainment!

Satellite Centers provide social activities as well as healthy and well-balanced noon meals for individuals over 60. Transportation to Satellite Centers may be arranged and are provided on a donation basis. The meals meet 1/3 of the USDA recommended dietary allowances and nutrition education is provided.

## Volunteer Today!

LEAD. INSPIRE. CHANGE THE WORLD... AGAIN.

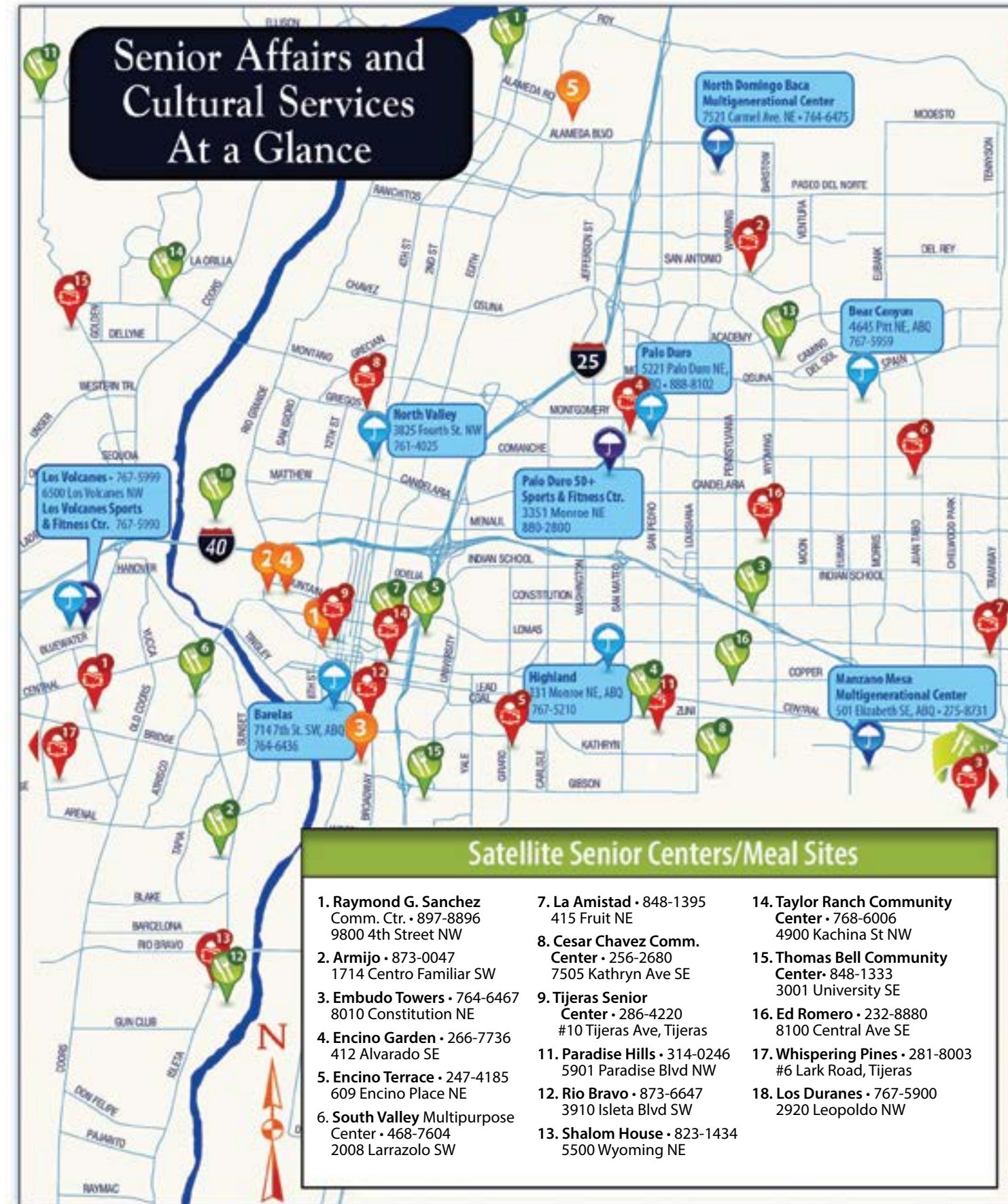


We offer a wide variety of  
volunteer opportunities.

Do you have time, talents, skills, or hobbies  
you would like to share? If you do, please call  
the RSVP office at **767-5225**

[www.cabq.gov/seniors](http://www.cabq.gov/seniors)

## Senior Affairs and Cultural Services At a Glance



### Satellite Senior Centers/Meal Sites

1. Raymond G. Sanchez Comm. Ctr. • 897-8896  
9800 4th Street NW
2. Armijo • 873-0047  
1714 Centro Familiar SW
3. Embudo Towers • 764-6467  
8010 Constitution NE
4. Encino Garden • 266-7736  
412 Alvarado SE
5. Encino Terrace • 247-4185  
609 Encino Place NE
6. South Valley Multipurpose Center • 468-7604  
2008 Larrazolo SW

7. La Amistad • 848-1395  
415 Fruit NE
8. Cesar Chavez Comm. Center • 256-2680  
7505 Kathryn Ave SE
9. Tijeras Senior Center • 286-4220  
#10 Tijeras Ave, Tijeras
11. Paradise Hills • 314-0246  
5901 Paradise Blvd NW
12. Rio Bravo • 873-6647  
3910 Isleta Blvd SW
13. Shalom House • 823-1434  
5500 Wyoming NE

14. Taylor Ranch Community Center • 768-6006  
4900 Kachina St NW
15. Thomas Bell Community Center • 848-1333  
3001 University SE
16. Ed Romero • 232-8880  
8100 Central Ave SE
17. Whispering Pines • 281-8003  
#6 Lark Road, Tijeras
18. Los Duranes • 767-5900  
2920 Leopoldo NW

## Libraries

1. Alamosa Library  
6900 Gonzales SW • 836-0684
2. Central and Unser Library  
8081 Central NW • 768-4320
3. Cherry Hills Library  
6901 Barstow NE • 857-8321
4. East Mountain Library  
1 Old Tijeras Rd. • 281-8508
5. Erna Fergusson Library  
3700 San Mateo NE • 888-8100
6. Ernie Pyle Library  
900 Girard SE • 256-2065
7. Juan Tabo Library  
3407 Juan Tabo NE • 291-6295
8. Los Griegos Library  
1000 Griegos NW • 761-4020
9. Main & Genealogy Library  
501 Copper NW • 768-5141
10. North Valley Library  
7704-B 2nd St. NW • 897-8823
11. San Pedro Library  
5600 Trumbull SE • 256-2067
12. South Broadway Library  
1025 Broadway SE • 764-1742
13. South Valley Library  
3904 Isleta SW • 877-5170
14. Special Collections Library  
423 Central NE • 848-1376
15. Taylor Ranch Library  
5700 Bogart NW • 897-8816
16. Tony Hillerman Library  
8205 Apache NE • 291-6264
17. Westgate Library  
1300 Delgado SW • 833-6984

## Cultural Venues

1. The KiMo Theatre  
768-3544 • 423 Central Ave. NW
2. Old Town  
Just NE of Rio Grande & Central
3. South Broadway Cultural Center • 848-1320  
1025 Broadway Blvd SE
4. The Albuquerque Museum of Art & History • 243-7255  
2000 Mountain Road NW
5. Anderson-Abruzzo Albuquerque International Balloon Museum • 880-0500  
9201 Balloon Museum NE

Senior Centers



Barelas  
714 7th St. SW  
764-6436



Bear Canyon  
4645 Pitt NE  
767-5959



Highland  
131 Monroe NE  
767-5210



Los Volcanes  
6500 Los Volcanes NW  
767-5999



North Valley  
3825 4th St. NW  
761-4025



Palo Duro  
5221 Palo Duro NE  
888-8102

Multigenerational Centers



Manzano Mesa  
501 Elizabeth SE  
275-8731



N. Domingo Baca  
7521 Carmel Ave. NE  
764-6475

50+ Sports & Fitness Centers



Palo Duro  
3351 Monroe NE  
880-2800



Los Volcanes  
6500 Los Volcanes NW  
767-5990

Great Partnership



Presenting Albuquerque’s Rich Cultural Tapestry

What a perfect complement to one another—Senior Affairs and Cultural Services! In this Activities Catalog, the Department of Senior Affairs and the Cultural Services Department join together to show our fine city’s rich variety of activities and services available to seniors and their families.

City of Albuquerque Department of Senior Affairs

The City of Albuquerque, Department of Senior Affairs, has been serving City of Albuquerque and Bernalillo County residents for more than forty years. Through innovative programs and quality services, the department has evolved into an exemplary model, dedicated to enriching and improving the lives of our community’s senior population.

Senior Affairs offers people age 50 and older a wide-array of services and opportunities. From services for active and healthy seniors to services for frail, homebound elderly, we provide activities and opportunities to involve you in our community and to promote active, healthy aging, as well as a continuum of care specially designed to meet individual needs throughout the aging spectrum.

**Membership:** Any person wishing to participate at a senior center is required to obtain a membership card. Membership is \$15 a year and is valid at all six senior centers in Albuquerque, and the Manzano Mesa and North Domingo Baca Multigenerational Centers and all 50+ Sports & Fitness Centers. People who are 50 years and older may become center members; spouses of members, even if they are younger than 50 may also become members. Individuals can be as young as six years old to become a member of a multigenerational center.

City of Albuquerque Cultural Services Department

City of Albuquerque, Cultural Services Department, oversees management of Albuquerque’s Public Libraries, BioPark, Museums, the KiMo Theatre, and more. Cultural Services also hosts special events throughout the city. Cultural Services At a Glance:

- Albuquerque/Bernalillo County Library System
- ABQ BioPark: Albuquerque Aquarium, Rio Grande Botanic Garden, Rio Grande Zoo, Tingley Beach
- Albuquerque Museum of Art and History
- Anderson-Abruzzo Albuquerque International Balloon Museum
- Harry E. Kinney Civic Plaza
- KiMo Theatre
- Old Town – New Fun
- South Broadway Cultural Center
- Special Events
- GOV TV Channel 16
- Public Art Urban Enhancement Program

**Mission:** The mission of the Cultural Services Department is to enhance the quality of life in the City by celebrating Albuquerque’s unique history and culture, and providing services, entertainment, programs, and collections that improve literacy, economic vitality, and learning in state of the art facilities that enrich City life and increase tourism to Albuquerque.

Using This Catalog

If you have a membership (only \$15 a year) at one location, and are over age 50, you are entitled to participate in all of our centers. If a trip or class is filled at your home center, a similar trip or class may be available to you at another.

Our Multigenerational Centers are for seniors, youth and the entire community age 6 and older. For only \$15 you can join our Multigenerational Centers. Currently we have two, Manzano Mesa and North Domingo Baca Multigenerational Center. Both centers have fitness rooms, classrooms, and meeting rooms. Manzano Mesa has a gymnasium and a water spraypark, a fully automated aquatic play environment where all ages can get wet during the hot summer months.

The activities in this catalog are especially designed for those age 50 and older. Programs funded by the Older Americans Act and the Area Agency on Aging (Home Delivered Meals, Transportation, and Care Coordination) have a minimum age of 60.

Some classes and trips require a fee. Other services, including lunch at our Satellite Centers, may request a donation or nominal fee; however, no one is denied services for not contributing. For information on accessing other services, call Senior Information at 764-6400.

Unless otherwise noted:

- Activities are free with membership.
- Trip and class sizes are limited.
- Meals are at your expense.
- Activities are first-come first-served
- Unless there is alternative contact information in the listing, most activities require advanced reservations; Call the host center for more information (a center directory is on page 3).
- Activities leave from or take place at the host center.
- Return times are approximate.

Class fees are usually payable to the instructor at the first class.

<b>Barelas</b> 3rd Wednesday, 12:30 - 4:30 pm	<b>Highland</b> 1st Thursday, 12:15 - 4:15 pm 2nd Saturday, 10:30 am - 2:30 pm	<b>Manzano Mesa</b> 1st & 3rd Saturday, 9:15 am - 1:00 pm	<b>North Valley</b> 1st Monday, 12:15 - 4:30 pm (No classes in Sept. or Oct.)
<b>Bear Canyon</b> 3rd Thursday, 12:00 - 4:00pm 1st Saturday, 9:30 am - 1:30 pm	<b>Los Volcanes</b> 1st Monday, 9:00 am - 1:15 pm	<b>N. Domingo Baca</b> 1st Saturday, 10:30 am - 2:30 pm	<b>Palo Duro</b> 1st Friday, 8:30 am - 12:30 pm

Cleaning/Training

Center Closing Schedule

Summer/Winter 2017

<b>Barelas</b> Sept. 18 - 22	<b>Joe O. Armijo</b> <b>Los Volcanes</b> <b>Fitness Center</b> July 24 - 28	<b>North Domingo Baca</b> August 14 - 18	<b>Staff Retreat</b> Aug. 30 ALL DSA centers will be closed.
<b>Bear Canyon</b> Sept. 11 - 15	<b>Manzano Mesa</b> July 31 - August 4	<b>Palo Duro</b> <b>Senior Center</b> August 21 - 25	
<b>Highland</b> July 10 - 14		<b>Palo Duro Fitness Center</b> Aug. 28 - Sept. 1	

HOLIDAY CLOSINGS

<b>Independence Day</b> Tuesday, July 4
<b>Labor Day</b> Monday, September 4
<b>Veterans Day</b> Friday, November 10
<b>Thanksgiving Day</b> Thursday, November 23
<b>Day after Thanksgiving</b> Friday, November 24
<b>Christmas Day</b> Monday, December 25

Center Shops & Markets

Flea Markets at the Centers

Find special bargains, treasures and satisfy your sweet tooth. Reserve your table at the front desk.

<b>Barelas</b> Thursday, 8:30 am - 12:30 pm, \$2 table
<b>Bear Canyon</b> May - September Tuesday, 10:00 am - 2:00 pm, \$2.50 table
<b>Highland</b> Monday, 8:00 am - 1:00 pm, \$2 table
<b>Los Volcanes</b> Friday, 8:00 am - 11:00 am, \$2 table
<b>Manzano Mesa</b> 1st Friday, 8:00 am - 12:00 pm (May - October) \$2 table
<b>North Valley</b> Wednesday, 8:00 am - 12:00 pm \$1, \$1.50, \$2 table No flea market beginning August 23 through October.

Gift Shops

Buy a gift made by a senior. You must be a center member to sell.

<b>Los Volcanes, Hot Spot Gift Shop</b> Monday - Friday, 9:00 am - 1:00 pm
<b>Palo Duro, Desert Willow Gift Shop</b> Monday - Friday, 9:00 am - 2:00 pm

Friendship Coffee

Chat with old friends and make new ones over coffee and a special treat.

<b>Barelas</b> Wednesday, 9:30 - 10:30 am
<b>Bear Canyon</b> Tuesday, 9:30 - 10:30 am
<b>Highland</b> Monday, 1:00 - 4:00 pm
<b>Los Volcanes</b> Thursday, 10:00 - 11:00 am
<b>Manzano Mesa</b> Thursday, 10:00 - 11:00 am
<b>North Valley,</b> Wednesday, 9:00 - 11:00 am No Friendship Coffee from Aug. 23 - Oct.
<b>Palo Duro</b> Wednesday 9:15 - 10:15 am

Health

<b>Blood Pressure Screening</b> <b>Bear Canyon</b> Wednesday, 9:00 - 11:00 am
<b>Highland</b> Friday, 10:00 - 11:00 am
<b>Palo Duro</b> Monday, 9:15 - 11:30 am

<b>GEHM Clinic</b>
<b>Call for dates</b>
<b>Barelas</b>
<b>Bear Canyon</b>
<b>Highland</b>
<b>Los Volcanes</b>
<b>Manzano Mesa</b>
<b>North Domingo Baca</b>
<b>North Valley</b>
<b>Palo Duro</b>

6

General Information

7

## Legal Clinic

### Senior Citizen Law Office

Provides general legal information. Divorces, wills, and criminal issues are not included. Appointment required, please contact Senior Law Office Info: 265-2300.



#### Barelas

2nd Thursday, 10:30 am - 12:30 pm

#### Highland

3rd Tuesday, 1:00 - 3:00 pm

#### Los Volcanes

4th Thursday, 10:00 am - 12:00 pm

**North Valley** (No clinic Aug. - Oct.)

3rd Thursday, 9:00 - 11:00 am

Advance Directive Workshop (Powers of Attorney, Cremation Authorization, EMS/DNR)

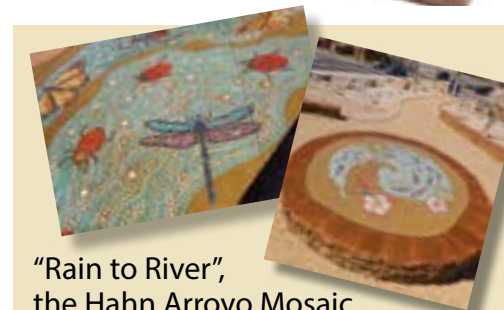
## Shopping Trips from Barelas

50¢ transportation. Sign up at front desk.

#### Barelas

### Wal-Mart Superstore

Monday, 9:30 - 11:30 am



"Rain to River", the Hahn Arroyo Mosaic Project, by lead artist Nan Masland & 160 community volunteers, 2011.

## New Member Orientation

Staff will welcome new members and talk about the programs and services our centers have to offer.

#### Bear Canyon

2nd Friday, 10:30 - 11:30 am

## Public Art in Albuquerque

A free brochure is available by contacting us at publicart@cabq.gov. Please visit our interactive public art map at www.cabq.gov/publicart/public-art-in-albuquerque. Sign up for our bi-monthly e-newsletter at www.cabq.gov/publicart/e-newsletter-archive.



### Americans with Disabilities Act:

The City of Albuquerque does not discriminate on the basis of race, color, national origin, ancestry, sex, religion, age or disability in employment or provision of services. If you have a disability and will need special assistance to benefit from an activity or trip offered by a senior center, please call that location at least two weeks prior to that event.



## North Valley Senior Center Remodel

A portion of the North Valley Senior Center will be closed beginning August 21 through October 23, 2017 for restroom renovations. Due to this project, no meals will be served at the center and the following activities and programs will be relocated to other centers during this time. We apologize for any inconvenience this may cause.

### Tarde de Oro Dancers

Barelas

Monday, 9:45 - 11:45 am

Instructor: Frances Lujan

### Poker and Pool Room

Los Volcanes

Monday, 12:00 - 4:00 pm

Barelas

Tuesday- Friday, 12:00 - 4:00 pm

Contact: Myrna Pohl

### Fishing Club

Los Volcanes

Monday, 11:00 am - 12:00 pm

Trips: Every Tuesday

6:00 am-5:00 pm

5¢ per mile, Paul Nunez

### Hiking

Highland

Every other Thursday, 8:00 am

Bill Gloyd

### Music with Los Amigos

Barelas

1st & 3rd Thursday,

9:00 - 11:00 am

### Sunday Dances

Barelas

Sunday, 1:30 - 4:30 pm

### Zumba

Valley High School

Tuesday, 5:30 - 6:30 pm

Instructor Mary Martinez

First class free

Cost: \$3 per class or 10 class punch card \$20



AGE OUT LOUD!

## Arts & Crafts

### Amateur Telescope Making

Making your own telescope.

#### Manzano Mesa

1st and 3rd, Wednesday, 7:00 - 9:00 pm

### Arts & Crafts Class

Crafts, plastic canvas, pin & button necklaces, embroidering.

#### Barelas

Friday, 8:00 am - 1:00 pm

Instructor: Viola

### Short Story Cards - Introduction to Scrapbooking

Creative memories ... Life is beautiful! Share it, remember it, and cherish it! Join us as we each create a unique card with our own photos! (Please bring 4-5 4x6 prints or smaller).

#### Barelas

Tuesday, August 22, 10:00 am - 12:00 pm

Instructor: Stephanie

\$5

### Arts & Crafts Sharing

For the beginner who wants to learn and the experienced who wants to share. Embroidery, crochet, counted cross-stitch, knitting, needlecraft and more.

#### North Valley

Wednesday, 9:00 am - 12:30 pm

### Artist's Corner

Open arts and crafts

#### Manzano Mesa

Thursday, 1:00 - 4:00 pm

### Beading

#### Manzano Mesa

Monday, 8:30 - 11:30 am

### Ceramics

Learn about ceramics, starting with care and use of molds, pouring, preparation for firing, glazing, over glazing and/or staining, decorating, decals, etc. Materials not included.



#### Barelas

Monday, Wednesday, 9:00 am - 12:00 pm

Instructor: Thomas

#### Los Volcanes

Friday, 8:00 - 11:30 am

#### North Valley

Tuesday, Wednesday, 12:00 - 4:00 pm

#### Palo Duro

Monday, 11:00 am - 3:00 pm

Thursday, 8:00 am - 1:00 pm

### Happy Hookers Crochet

Enjoy crocheting? All ages and skill levels are welcome to join our fun and informal group. We help each other learn new stitches, read patterns and share ideas. Work on an individual creation or contribute to our group effort to making baby blankets, hats, scarves or lap blankets to donate to local charitable organizations.

#### Manzano Mesa

Monday, 1:00 - 3:00 pm

### Open Crafts

No instructors, each individual is able to work on a craft project of their choice.

#### Manzano Mesa

Monday, 9:00 am - 1:00 pm

### Palo Duro Palettes

We work in all mediums and share our knowledge and enthusiasm. Come sample a variety of methods, ideas as well as new techniques. Materials are available.



#### Palo Duro

Wednesday, 1:00 - 3:00 pm

Instructor: Les Lamkin

### Photography Classes

#### North Domingo Baca

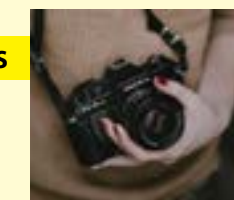
Wednesday

8:30 am - 11:00 am

Thursday, 6:00 - 8:00 pm

Sign up at the front desk

Instructor: Jim



## Plastic Canvas

Plastic canvas is a foundation for needlepoint or other canvas work embroidery. Its rigidity makes it useful for creating 3-dimensional objects such as tissue box covers, small jewelry boxes, handbags, and other decorative objects. Fees determined on 1st day of class.

#### Los Volcanes

Thursday, 1:00 - 3:00 pm

### Rosemalers

We do rosemaling from Norway, dalmalning from Sweden, hindeloopen from Holland and bauernmalerei from Germany and others. Bring a wood piece and we will get you started. No registration required.

#### Highland

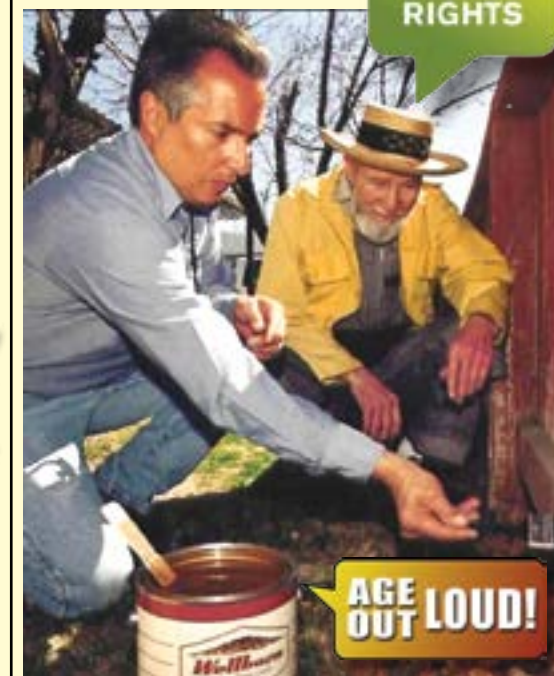
Friday, 9:30 - 11:30 am

2nd Saturday (Meeting)

10:00 am - 12:00 pm

Instructor: Diana

KNOW YOUR RIGHTS



AGE OUT LOUD!



Join us at the Balloon Fiesta Special Shapes Glowdeo!!

See page 62

**Stained Glass**

Learn how to cut, grind and copper foil glass, assemble, solder and complete projects. Materials not included.

**Los Volcanes**

Friday, 12:00 - 4:00 pm

**Palo Duro**

Friday, 9:30 - 11:30 am

(Class does not meet in July, August)

Instructor: Terry

**Visiting Artists Series**

Guest artist guides participants in an activity that often involves a demo and a hands-on experience. Open to all.

**Palo Duro**

Tuesday, 1:00 - 3:00 pm

Instructor: Judy Haag

**Crocheting/Knitting****The "Busy Bees"**

Donate hats, blankets and scarves to many organizations.

**Palo Duro**

Wednesday, 12:00 - 3:00 pm

Instructor: Susan Courtright

**Open Studio Crochet & Knitting**

Come join this Open Studio Crochet & Knitting with a fun loving group for socializing and learning new techniques. This is in an informal group working on different individual and group projects. You must bring your own supplies.

**Highland**

Friday, 1:00 - 5:00 pm

Facilitator: Ramona

**Knitting and Crocheting**

All levels welcome. Learn techniques for creating sweaters, afghans, baby blankets, etc. Many of the blankets are donated to Project Linus.

**Bear Canyon**

Monday, 10:00 am - 12:00 pm

**Los Volcanes**

Tuesday, 10:00 - 11:15 am

Instructor: Ruth

**Manzano Mesa**

Friday, 1:00 - 3:00 pm

**North Valley**

Wednesday, 9:00 am - 12:45 pm

**Drawing****Drawing**

Drawing Class

**North Domingo Baca**

Saturday, 9:15 - 11:15 am

**Portrait Drawing Class**

We need your face! Highland Portrait Drawing class draws live models with a focus on the proportions of the head.

Models are needed weekly; in return models will get copies of all the artworks of your portrait. New Artists welcomed and models are always needed. Call the front desk for more information.

**Highland**

Tuesday

10:00 - 11:00 am

**Learn to Draw with Kelly**

Come have fun with us! Supplies can be purchased at Michaels or Hobby Lobby. 1-12x18 of newsprint, 1-kneaded eraser, 1-charcoal pencil.

**North Domingo Baca**

Friday, 9:00 - 11:00 am

**Sketching****Los Volcanes**

Thursday, 9:00 - 11:00 am

Instructor: Janet

**Leather Working****Leather Craft**

Learn the art of hand-tooled leather crafting. Students must buy leather. Some tools provided.

**Palo Duro**

Tuesday, 12:00 - 2:00 pm

\$1 per month, new students \$5

**Painting****Brilliance of Pastels**

This class involves weekly demonstrations, teaching and critique. Pastels are the only art medium that are utilized in both drawing and painting. Soft pastels are pure pigment and are as permanent as oils paints! Beginners will focus on technique, materials, value, light and composition. Intermediate students are given new challenges and assistance in improving their art by trying new materials. In the last class we will learn how to frame a pastel painting. Written hand-outs are given weekly. Call for a materials list. Some may be purchased from the instructor. Six or eight week sessions.

**Manzano Mesa**

Mondays, 1:30 - 4:00 pm

Instructor: Sharon

Fee plus materials

**Painting: Oil**

Instruction is given on perspective, composition, and form, color mixing and blending. All levels. Bring materials.

**North Valley**

Friday, 9:00 am - 12:00 pm

**Painting: Open Workshop**

All venues welcome. No registration required, bring materials.

**Bear Canyon**

Friday, 9:00 - 11:30 am

**Painting Workshop: Acrylic**

Instruction is given on perspective, composition, form, color mixing and blending. All levels. No registration required. Students supply their own materials.

**Bear Canyon**

Monday, 9:00 am - 12:00 pm

Instructor: Paul

**Painting Workshop: Oil**

Instruction is given on perspective, composition, and form, color mixing and blending. All levels. No registration required. Bring materials.

**Bear Canyon**

Wednesday, 9:00 - 11:30 am

Instructor: Marian

**Painting: Tile****Manzano Mesa**

Monday, 9:00 am - 1:00 pm

Tuesday, 9:00 am - 1:00 pm

Friday, 8:30 am - 12:30 pm

(Special Needs Tile Painting)

Instructor: Lawanda



**JOIN US!!!**  
MEMBERSHIP  
IS ONLY  
\$15/YEAR



**Lots of Activities! Lots of Education!**  
**Lots of Entertainment! And more**  
**importantly... Lots of Fun!**

**Pastel Classes in Landscape, Still Life and Portraits**

This class will introduce students to the essential information needed to draw and paint still life and landscape using the chalk pastel medium. Demonstrations and individual instruction will be given. Topics covered: fundamentals of pastel, drawing, underpainting, light and shadow, composition, color theory, and basic perspective. Offering will be 4 weeks of each genre. Students can sign up for 4 weeks sessions. Please bring photographs to first class. Each genre the instructor will be given valuable tips on chalk pastel painting.

Thursday, October 5 - 26 Landscape

Tuesday, October 3 - 24 Still Life

Tuesday, November 7 - 28 Portraits

**North Valley**

4:30 - 6:30 pm

Landscape: 1:00 - 3:00 pm

Cost: \$60 for 4 sessions/\$15

for a single lesson

Materials will be provided. Contact

center for addition material list

Instructor: Elaine Cimino

**Basic Watercolor**

This class will be full of color! Join us as we practice techniques of Watercolor and how to create the beautiful pieces that you see in nature. Sessions are available for you to get your paint on.

**Palo Duro**

Thursday, 2:30 - 4:30 pm

Session I: September 7 - October 19

Session II: October 26 - December 14

Cost: \$96 for Session I/ \$84 for Session II

Instructor: Nancy Goetz

**Watercolor/Open Studio**

You may use the open studio time to further explore projects in watercolor. This class is for self-led, intermediate-level students. You must bring your own supplies and the supply list suggested is watercolor paper, watercolor paints, brushes, mixing pallet, watercolor cups, pencils, a big eraser and a drying towel.

**Highland**

Thursday, 9:30 am - 12:00 pm

**Intro to Water Color**

Introduction to watercolor painting is for anyone interested in learning basic watercolor painting techniques and general practices. The class covers Materials, Composition, Values, Perspective and special techniques. Students paint in every class. You need no prior art experience or special talents to enjoy this class. The objective is to give a foundation to those interested in water color painting and art in general such that, at the end of the 5 weeks the student is able to join in water color groups at Bear Canyon or just enjoy painting at home.

**Bear Canyon**

Thursday, July 13-August 10

9:00 - 11:00 am

Cost: \$10 plus materials

Instructor: David Wimsatt

**Watercolor: Intermediate**

This on-going activity allows participants to share ideas, techniques and inspiration. No registration required.

**Bear Canyon**

Tuesday, 1:00 - 3:30 pm

**Watercolor: Adult Class****North Domingo Baca**

Tuesday, 9:00 am - 12:30 pm

Instructor: Raymond Ortiz

Free





Watercolor: For Fun

This all levels class covers: Landscape, spring flowers, still life, painting from photos and sketches and one class on location.

North Domingo Baca

Monday, 8:30 am – 12:30 pm  
This is a self-directed class

Water Color Painting Classes

Learn how to transform static sketches and reference images into inspired, passion-filled paintings with rich and stimulating color. There will be daily painting demonstrations, individual attention and lots of quality painting time. Learn to create powerhouse watercolors using your own sketches and photo references. Painting from life is certainly the best teacher for the effects of light and color. Elaine Cimino will guide you through valuable steps to move beyond what is, and into the world of invigorating painting possibilities. Please bring photographs to first class.

North Valley

Thursday, November 2 - 16  
1:00 - 3:00 pm  
\$35/ 3 sessions materials provided  
Instructor: Elaine Cimino

Pottery

Pottery with Penne

This class will create in clay using multiple techniques- pinch pots, coiling slabs, the potters' wheel, glazing and firing. We will practice with techniques using bowls, cups, sculptures and ideas from your imagination. This class is designed for the beginning to intermediate student. Sign up is required.

Highland

Wednesday, July 5th – December 27th  
9:00 am - 12:00 pm  
Instructor: Penne

Pottery

All levels welcome. From pinch pots, slabs, coiling to wheel throwing. Self-directed. There is a material fee.

Manzano Mesa

Tuesday, Thursday, 9:00 am – 1:00 pm

North Valley

Monday, 9:00 - 11:30 am

Palo Duro

Friday, 9:00 – 11:30 am



Pottery: Beginning

Learn the fundamentals of creating art with clay. This fifteen-week class will focus on basic hand building projects such as coil pots, slab vessels, and sculpture. Students are encouraged to explore their own ideas within each lesson. All work will be fired in the studio. Materials fees also apply.

Bear Canyon

Thursdays, August 24 – December 14,  
9:00 - 11:30 am  
Instructor: Christine Evans

Los Volcanes (ongoing)

Wednesday, 9:00 - 11:00 am

Highland

Monday, July 17 - December 18  
1:00 – 4:00 pm  
Instructor: Christine Evans

Pottery: Intermediate

This class is for students who have completed the Beginning Pottery course or who have proficient knowledge. This fifteen-week class will cover a variety of clay projects including sculpture, hand built pottery, pottery on the wheel, glaze finish and surface design. Students are encouraged to develop their



own projects. All work will be fired in the studio. Materials fees also apply.

Bear Canyon

Wednesday, August 23 – December 6  
1:00 – 4:00 pm  
Instructor: Christine Evans

Pottery: Clay Classes

Los Volcanes

Monday, 1:00 – 4:30 pm  
Instructors: Raquel & Esanti

North Domingo Baca

Tuesday, 9:00 am - 1:00 pm  
Wednesday, 9:00 am – 1:00 pm  
Starts October 2017

Pottery Open Studio/Lab

Open Studio is for self-led intermediate students who wish to further explore projects independently. Students must complete at least one intermediate course with the pottery instructor or have proficient knowledge to be eligible for this course. All work will be fired in the studio. Materials fees apply.

Bear Canyon

Friday, August 25 – December 15  
1:00 – 4:00 pm  
Instructor: Christine Evans

Highland

Thursday, 1:00 – 4:00 pm  
Los Volcanes

Thursday, 1:00 – 4:30 pm

Palo Duro

Wednesday, 8:00 - 11:30 am



Metals

Sign-up is required.



Metal Casting

Learn basic skills and methods. Using the lost wax casting process you can cast objects in silver & bronze.

Palo Duro

Thursday, 1:00 - 4:30 pm  
Instructor: James Lumpee  
\$2 per casting for consumables

Metalsmithing/Jewelry Lab

Join us for a self-directed open shop for silver-smithing, enameling and other techniques of this beautiful art!

Palo Duro

Wednesday, 11:30 am - 4:00 pm  
Lab Monitors: Garcia & Taylor  
\$1 per week for consumables

Tin Class

Tinsmithing is a traditional Spanish colonial art form. Come to learn basic techniques. Self-taught

Los Volcanes

Tuesday, 12:30 - 4:30 pm  
Instructor: Maryanne

Quilting, Sewing and Weaving

Get It Done!

Chat while you “get done” those projects in this modern day quilting bee.

Palo Duro

Friday, 12:00 - 2:00 pm

Laptop Quilters

An experienced group of hand quilters sharing ideas, assisting each other and completing quilts to completion. A wide variety of items from donated materials. Everything produced is

Tin Works Class

Join Jason Younis y Delgado, a 5<sup>th</sup> generation tinsmith and a member of the Spanish Colonial Arts Society in an open class for tinwork at North Valley Senior Center. All experience levels are invited.

North Valley

Tuesday, October 3 - 24  
9:30 – 11:30 am  
Fee \$55 for all materials  
Instructor: Jason Younis

Tin Works Holiday Workshop

We will be creating ornaments, farolitos and other fun holiday items. Class covers a sheet of tin, necessary tools and instruction. Custom punches and additional tin are available for purchase if you want to continue at home.

North Valley

Tuesday, December 12  
9:00 am – 12:00 pm  
Fee \$55 for all materials  
Instructor: Jason Younis

Traditional Spanish Tin Work/Beginners Level

Tinsmithing is a traditional Spanish colonial art form. Come to learn basic techniques. See center for complete details and supplies.

Highland

Tuesday, August 15th - October 3rd  
1:00 - 4:00 pm  
Instructor: Cora  
\$10 material fee

Traditional Spanish Tin Work/Holiday Tin Class

Tinsmithing is a traditional Spanish colonial art form. After you have learned the basic techniques you may want to take this festive Holiday Tin Class. See center for complete details and supplies. Sign-up is required. \$10 materials fee required.

Highland

Tuesday  
October 24th - December 12th  
1:00 - 4:00 pm  
Instructor: Cora  
\$10 material fee

Traditional Spanish Tin Work/Open Studio

Expand on your skills with tinsmithing a traditional colonial art form. This is an open studio for people who have completed the Traditional Spanish Tin Work class and are skilled enough to work without an instructor.

Highland

Wednesday, 1:00 - 4:00 pm

given to community groups and hospitals. Donations of fabric and yarn are always appreciated.

Highland

Monday, 9:00 - 11:30 am

Quilting

Quilting is the process of sewing of two or more layers of fabric together to make a thicker padded material, usually to create a quilt or quilted garment. Typically, quilting is done with three layers: the top fabric or quilt top, batting or insulating material and backing material. Novice and experienced quilters are

welcome. Donations of fabric and yarn are always appreciated.

Highland

Tuesday, 8:00 am - 12:00 pm  
Palo Duro  
Tuesday, 8:00 am – 12:30 pm  
Saturday, 9:00 am – 1:00 pm

Quilting Cluster

North Domingo Baca

Friday  
10:00 am – 4:00 pm



**Quilting: Experienced**

This group of experienced hand quilters work on each other's quilts to completion.

**Bear Canyon**

Tuesday, 8:30 - 11:45 am  
Instructor: Janet

**Quilting: Hand**

A group of people interested in quilting and quilting art assemble. Most of the individuals quilt by hand but sewing machines are also used. No formal instruction is given however encouragement is shared by all.

**Manzano Mesa**

Wednesday, 9:00 am - 12:00 pm

**North Valley**

Monday, 8:00 am - 4:00 pm

**Quilting: Machine****Manzano Mesa**

Wednesday, 9:00 am - 12:00 pm

**Quilting: Punch**

A "no sew" way to create fabric pictures and wall hangings.

**Manzano Mesa**

Tuesday, 1:00 - 3:00 pm

**Sewing and Alterations**

Bring your latest sewing project and get help with any alterations or question you may have!

**Palo Duro**

Tuesday, 10:00 am - 12:30 pm  
Instructor: Silva Gosso

**Swedish Weaving**

Swedish Weaving is an art of weaving yarns through a counted cloth, called Monk's Cloth.

**Los Volcanes**

Tuesday, 11:30 am - 2:30 pm

**Instructor: Shirley****Palo Duro**

Friday, 2:15 - 4:30 pm

Instructor: Carla Lucero

\$10 material fee

**Tuesday Angels**

A wide variety of items from donated materials. Everything produced is given to community groups and hospitals. Donations of fabric and yarn are always appreciated.

**Palo Duro**

Tuesday, 8:30 - 11:30 am

**Woodworking****Woodshop and Wood Carving**

If you are interested in carving, cutting or working on other wood projects please join us.

**Los Volcanes**

Tuesday, 9:00 - 11:00 am

**Instructor: Ray****Los Volcanes**

Wednesday, 12:00 - 4:00 pm

**Instructor: Larry****North Valley**

Tuesday, 8:30 am - 10:30 am

**Woodcarving/Bear Canyon Carvers**

Women and men of all skill levels enjoy woodcarving in this ongoing class.

**Bear Canyon**

Friday, 8:00 am - 12:00 pm

Instructor: Gerry

**Wood Carving/Fused Glass: Open Woodshop and Wood Carving**

If you are interested in carving, cutting or working on other wood and glass projects please join us.

**Manzano Mesa**

Wednesday  
8:00 - 11:30 am

**Folk Art****Retablos/Hispanic Folk Art**

Learn the art of making retablos.

**North Valley**

Wednesday, 1:00 - 4:00 pm

Instructor: Anita Andrade

**Barelas**

Tuesday, 9:00 - 11:00 am

Instructor: George

**Composition (writing classes)****Memories - Autobiography****Bear Canyon**

Tuesday, 9:00 - 11:15 am

**Word Wright's Writing****North Domingo Baca**

Monday, 1:30 - 3:30 pm

**Writing about our Lives**

In this memoir class we will help each other write our stories by writing, reading aloud and revising. We can write for our children and grandchildren, ourselves and our community. We will experience a sense of accomplishment, enhance our mental alertness and make friends. It is never too late for personal growth.

**Highland**

Friday, 1:30 - 3:00 pm

Facilitator: Joanne

**Computer****Barelas****Introduction to Microsoft Windows 10**

This class is ideal for the first time student wanting to learn the use of the computer and the student wishing to update their computer skills with the latest Microsoft operating system. Students will learn about basic computing and how to use the latest Microsoft operating system. Minimum of 4 students must sign up one week prior to offer this course. Please sign up at front desk.

**Barelas**

Thursday, July 6, Tuesday, July 11, 18, 25, 9:00 - 11:00 am and 1:00 - 3:00 pm

Tuesday, September 5, 12, 26, Thursday, September 28, 9:00 - 11:00 am and 1:00 - 3:00 pm

Tuesday, November 7, 14, 21, 28, 9:00 - 11:00 am and 1:00 - 3:00 pm  
Instructor: Patrick  
\$20

**Introduction to Microsoft Publisher 2013**

Learn how to make flyers, greeting cards, calling cards, and banners. It is recommended that the student have common use and understanding of Windows 10 operating system prior to taking this class. Minimum of 4 students must sign up one week prior to offer this course. Please sign up at front desk.

**Barelas**

Tuesday, August 8, 15, 22, 29, 9:00 - 11:00 am and 1:00 - 3:00 pm

Tuesday, October 3, 10, 17, 24, 9:00 - 11:00 am and 1:00 - 3:00 pm

Tuesday, December 5, 12, 19, 26, 9:00 - 11:00 am and 1:00 - 3:00 pm  
\$20

Instructor: Patrick

**Barelas Computer Lab**

Open to members who wish to practice their skills or access the web. The Lab will be open only if a computer monitor is present.

**Bear Canyon****Apple iPad & iPhone Workshop**

iPad and iPhone users, bring your iPad or iPhone and join the fun! This is a FREE workshop format where your iPad, iPhone, and iOS questions may be answered. Note: Kindle, Nook, Windows tablets, or Android devices are not covered. Seating is limited to the first 25 who arrive.

**Bear Canyon**

2nd Thursday of every month  
10:00 am - 12:00 pm  
Contact: Bob Reed -  
reed1936@comcast.net

**Apple Macintosh Day**

Open to Mac users of any experience level - FREE. An open, interactive Apple Macintosh users meeting and workshop. Activities include a question & answer session, demonstrations of various Mac Tips & Tricks, and useful presentations of other "how to" Mac related topics.

**Bear Canyon**

3rd Saturday of each month

9:45 am to 12:00 pm  
Contact: Bob Reed -  
reed1936@comcast.net

**Computer: Lab**

Open to members who wish to practice their skills or access the web. The Lab will be open only if a computer monitor is present.

Monday, Wednesday, Friday  
9:00 - 11:00 am

**Computer: Windows PC Classes at Bear Canyon**

For a calendar of Bear Canyon computer room activities, visit: <http://www.brownbearsw.com/freecal/bcsc>  
We conduct classes periodically on a variety of Windows PC topics. To join our email list, and receive course notifications, contact Gary Day at 292-4909 or eMail, garylday@msn.com

**Computer: Windows Workshop**

A FREE monthly workshop forum where you have the opportunity to get your Windows PC related questions answered. No reservations needed. Seating is limited to the first 25 who arrive.

**Bear Canyon**

3rd Wednesday every month  
1:30 - 3:30 pm

Facilitators: Harold Gottlieb & Gary Day.

Contact: Harold Gottlieb at:  
hbgott12@q.com

**Highland****Open Computer Lab****Highland**

Wednesday, 1:00 - 4:45 pm

**Los Volcanes computer classes: See Page 35**

**Manzano Mesa****Computer Lab****Manzano Mesa**

Tuesday, Thursday  
9:00 am – 12:00 pm  
Wednesday, 1:00 – 3:00 pm  
Friday, 1:00 – 3:00 pm

**North Domingo Baca****Excel 2010 & Up, Level 1**

Create and format worksheets. Use simple formulas. Save, preview and print your worksheets. Learn tips and tricks galore! Detailed handout included.

**North Domingo Baca**

Jul 13, 14, 17, 18  
9:45 am - 12:00 pm  
Donation  
Instructor: Karen Johnson

**Getting to Know Your Computer**

Learn how to use your computer in a relaxed and fun atmosphere. Detailed handout included.

**North Domingo Baca**

August 3, 4, 8, 9  
9:45 am - 12:00 pm  
Donation  
Instructor: Karen Johnson

**Word 2010 & Up,  
Working with Photos**

Learn how to place, modify, and enhance photos in your documents. Detailed handout included.

**North Domingo Baca**

August 23, 24, 29, 30  
9:45 am - 12:00 pm  
Donation  
Instructor: Karen Johnson

**Using the Internet**

Learn how to access the Internet, shop without compromising your personal information, and find reliable government and medical web-sites. Detailed handout included.

**North Domingo Baca**

September 6, 7, 12, 13  
9:45 am - 12:00 pm  
Donation  
Instructor: Karen Johnson

**Word 2010 & Up, Level 1**

Create and modify documents, use spell and grammar check; enhancing text with fonts, bullets, and numbering; cut and paste, Undo, margins; saving and printing. Detailed handout included.

**North Domingo Baca**

September 20, 21, 26, 27  
9:45 am - 12:00 pm  
Donation  
Instructor: Karen Johnson

**Excel 2010 & Up, Level 2**

Learn to create more advanced formulas, functions, dates, sort and filter, worksheet protection, and charts. More tips and tricks! Detailed handout included.

**North Domingo Baca**

October 19, 20, 23, 24  
9:45 am - 12:00 pm  
Donation  
Instructor: Karen Johnson

**Using Flash Drives**

In this class, you will learn how to purchase and use flash drives. We will use flash drives in the other classes. Detailed handout included.

**North Domingo Baca**

November 1, 2, 7, 8  
9:45 am - 12:00 pm  
Donation  
Instructor: Karen Johnson

**Email Using Google's Gmail**

Send and receive email. Learn how to delete, reply, forward, organize, and attach documents and photos. Detailed handout included.

**North Domingo Baca**

November 20, 21, 29, 30  
9:45 am - 12:00 pm  
Donation  
Instructor: Karen Johnson

**Windows 10, Managing  
Files and Folders**

Managing the information on your computer presents quite a challenge for all computer users. Topics include storage drives on your computer, what's a file, what's a folder, using the File Explorer program, the Recycle Bin, Search, creating folders in which to store your photographs, and creating shortcuts on your Desktop. Detailed handout included. Important: bring a flash drive to use in the class.

**North Domingo Baca**

December 5, 6, 12, 13  
9:45 am - 12:00 pm  
Donation  
Instructor: Karen Johnson

**North Valley****Open Computer Lab**

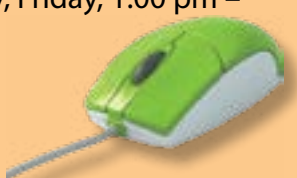
Open to members who wish to practice their skills or access the web. The Lab will be open only if a computer monitor is in the present. During open lab a monitor is on site to assist you.

**Lab Hours**

Monday – Thursday, 1:00 – 3:00 pm

**Palo Duro****Open Computer Lab**

Monday, Tuesday, Friday, 1:00 pm – 3:00 pm  
Thursday  
9:30 – 11:30 am

**Health and Fitness****Aerobics**

First time dancers or beginners

**Manzano Mesa**

Monday, Wednesday, Friday  
8:15 – 9:15 am

**The Benefits of Quality  
Essential Oils**

dōTerra means gift of the earth. Essential oils offer safe and fun ways to take care of every day health issues and support immune systems. Essential oils strengthen the body, assist in healing the heart, empower individuals, increase spiritual awareness and connection, and inspire individuals to take responsibility for their health and fulfill their life's purpose.

**Los Volcanes**

Friday, 9:00 - 11:00 am

**Manzano Mesa**

2nd and 4th Wednesday, 6:30 – 8:00 pm  
Instructors: Debi and Sam

**Cloggersize****Manzano Mesa**

Saturday  
Beginning: 12:30 – 1:30 pm  
Intermediate: 1:30 – 2:30 pm

**EFT (aka "Tapping")**

A self-healing tool for stress relief. I will show you how to use this simple healing technique to use daily to relieve frustrations, fears, anxieties and even physical pain. It promotes clarity and confidence and gives you the tools to make empowered decisions.

**Palo Duro**

2nd Monday, 1:00 - 2:30 pm  
\$5.00/class

**Exercise for Parkinson's**

Parkinson's Wellness and Recovery is an effective and fun way to gain flexibility, coordination, strength and improve balance. These exercises also improve attention and mental focus. It is also a fun way to exercise!

**North Valley**

2nd, 4th Thursday of the Month  
2:00 – 3:00 pm  
Instructor: Linda Ozier

**Cooking with Compassion**

This class will introduce you to cruelty free products, teach some kitchen hacks and demonstrate how easy it is to adapt a healthier way of eating. Join us starting July 11th.

**Bear Canyon**

2nd, Tuesday 1:00 – 3:00 pm  
Instructor: Nancy Arenas

**Jazzercise**

Jazzercise is a dance-based group fitness program. Jazzercise class features a fusion of dance, resistance training, Pilates, yoga, kickboxing, and Latin-style movements set to popular music.

**North Domingo Baca**

Monday, 4:30 – 6:45 pm  
Tuesday, 4:30 – 5:30 pm  
Wednesday, Thursday, 5:30 – 6:30 pm

**Laughter Group****North Domingo Baca**

Wednesday, 10:15 – 11:00 am

**Laughter Yoga****Bear Canyon**

Friday, 12:30 - 1:15 pm

**Manzano Mesa**

Saturday, 9:00 – 10:00 am

**Meditation Circle**

**North Domingo Baca**  
Friday, 12:00 - 1:00 pm

**Reversing Brain Drain**

**North Domingo Baca**  
Wednesday, 6:30 – 7:30 p

**Manage Your Chronic Disease  
(MyCD) Program Workshop**

If you have (or care for someone with) a chronic health condition such as diabetes, arthritis, high blood pressure, heart disease, chronic pain, anxiety, or other long-term health condition, this is the workshop for you. Learn from specially trained group leaders with chronic health conditions themselves. Set goals and make a step-by-step plan to improve your health and your life. Put Life Back Into Your Life.

Free 6-week workshop 2 1/2 hour meetings. To enroll, please call 880 - 2800.

**Palo Duro Senior Center**

Thursdays, 1:00 pm – 3:30 pm on:

**Diabetes Self-Management**

**Program (DSMP) workshop;**  
July 13 through August 17, 2017  
**Palo Duro**  
Thursday, 1:00 – 3:30 pm

**Chronic Disease Self-Management**

**Program (CDSMP);**  
August 31, through October 5, 2017  
**Palo Duro**  
Thursday, 1:00 – 3:30 pm

**Diabetes Self-Management**

**Program (DSMP) workshop;**  
October 12 through  
November 16, 2017  
**Palo Duro**  
Thursday, 1:00 – 3:30 pm



Take a  
Zumba class!  
See page 52

Language

French: I

North Domingo Baca  
Thursday, 11:00 am – 12:30 pm

French: II

North Domingo Baca  
Thursday, 1:00 – 2:30 pm



Intermediate French

North Domingo Baca  
Saturday, 9:00 – 11:00 am

French: Advanced

Conversation, reading & writing, students should be able to read, write & speak at advanced level.

Palo Duro

Monday, 1:00 - 3:00 pm  
Instructor: Nora Temmar & Sharon Himmelstein  
\$5 Materials Fee

Italian for Beginners

Learn the language of love! Come have some fun while picking up conversations Italian and listening to Italian songs. No experience necessary.

Barelas

Friday  
11:00 am – 12:00 pm  
Instructor: Annalisa  
\$3/class



Italian Workshop: Intermediate

Emphasis is on reading, grammar, conversation and verb conjugation. Acquire the basic tools to get around in Italy, as well as an appreciation of the culture.

Bear Canyon

Tuesday, 11:10 am – 1:00 pm  
Instructor: Alex

German: Intermediate

Members need to have pronunciation and grammar under control and can write sentences with dependent clauses. This is not a conversation class.

Palo Duro

Thursday, 9:00 - 11:30 am  
Instructor: Terry Lyons

German: Conversational

Bear Canyon

Tuesday, 2:00 - 4:00 pm  
Instructor: Simon



Sign-Language: Beginners

Learn sign language basics, including the manual alphabet, counting, plus familiar words and phrases. 6 week course.

North Valley

Tuesday, October 10 - November 14  
5:30 - 7:00 pm  
Tuesday, November 21 - December 26  
1:30 - 3:00 pm  
\$5 materials fee 6 week course  
Instructor: Pam Jenkins

Sign-Language: Intermediate

This is a secondary course for those who have taken the beginning course.

North Valley

Tuesday, November 7 - December 12  
1:30 – 3:00 pm  
\$5 material fee  
Instructor: Pam Jenkins

Lip Reading

Bear Canyon

Monday  
12:30 - 1:30 pm  
Instructor: Jean  
\$5 for book



Spanish (Beginning Level)

This on-going class is a beginning level course. Emphasis is on grammar, verb conjugation, reading, and conversation. Interested students may visit to determine if the class and content are appropriate for them.

Highland

Thursday, July 13th - December 28th  
10:00 - 11:45 am  
Instructor: Cindy Jones

Spanish: Beginning Conversational



Suitable for absolute beginners and a good refresher for those who have had Spanish in school—but a lot more fun! Learn essential phrases; how to show good manners in Spanish; and enough to get by in many practical situations. 8 week session.

North Valley

Tuesday, October 10 - November 28  
5:00 – 7:00 pm  
\$75/8 week course  
Instructor: Cathy Varny

Spanish Workshop: Contemporary

Bear Canyon

Tuesday, 1:10 - 3:00 pm  
Instructor: Judith

Spanish Workshop: Intermediate and Advanced

Bear Canyon

Tuesday, 9:00 – 10:50 am  
Instructor: Diane

Music

Sing-A-Long

Manzano Mesa

Tuesday, 1:00 – 2:45 pm



Religious



Family-Centered Prayer Battle

Manzano Mesa

Tuesday, 5:00 - 6:00 pm

Men's Bible Study

North Domingo Baca  
Monday, 8:30 – 10:00 am

Bible Study

Los Volcanes

Tuesday, 9:30 – 11:00 am

Dance

Dance and Movement for Parkinson's

Join in the musicality, rhythm, expression, inventiveness and sheer physical pleasure of dance. Customized for all abilities.

North Valley

1st, 3rd Thursday, 2:00 – 3:00 pm  
Instructor: Joanie Carlisle

Line Dancing: Beginning

Barelas

Wednesday, 9:30 – 11:00 am  
Instructor: Simone  
\$1 suggested donation

Bear Canyon

New classes starting May & November  
Tuesday, 1:30 – 3:00 pm  
Thursday, 3:15 – 4:30 pm  
Instructor: Patty

Los Volcanes

Thursday, 9:00 - 10:00 am  
Instructor: Jeanne

Manzano Mesa

Wednesday, 1:30 – 3:00 pm  
Instructor: Georgette  
\$1.00 Donation

Palo Duro

Monday, 3:15 – 4:30 pm  
Saturday, 9:00 – 10:30 am  
Instructor: Gayle Mecca

Line Dancing I: Intermediate

Bear Canyon

Tuesday, 3:15 – 4:30 pm  
Instructor: Patty  
Manzano Mesa  
Wednesday, 3:00 – 4:30 pm  
\$1 Donation

Line Dancing II: Intermediate

Manzano Mesa

Friday, 2:00 – 3:30 pm  
Instructor: Wylene S.



Dancing with the Bars

Dancing with the Bars is a movement exercise form of dancing— to the bars of music. It's a fun way to achieve a fit, toned body, and serene mind. It is user friendly, playful, and easy.

Bear Canyon

Thursday, 8:30 – 9:15 am

Line Dancing III: Intermediate

Manzano Mesa

Tuesday, 2:00 – 4:00 pm  
Instructor: Clorinda R.

Line Dance: Intermediate

Los Volcanes

Thursday, 10:10 - 11:10 am  
Instructor: Jeanne  
North Domingo Baca  
Tuesday, 5:45 – 7:30 pm  
Instructor: Georgette

Line Dance: Advanced

Bear Canyon

Thursday, 1:30 – 3:00 pm  
Instructor: Doug  
\$1

Highland

Tuesday, 1:30 – 3:00 pm  
Instructor: Wylene

Palo Duro

Monday, 1:30 – 3:15 pm  
Instructor: Doug  
2nd, 3rd, 4th Saturday,  
10:30 am – 12:00 pm  
Instructor: Jeanne Hendrix

Line Dance: Starter

First time dancers or beginners

Manzano Mesa

Wednesday  
12:15 – 1:15 pm

**Ballroom: Beginning****Bear Canyon**

Thursday, 4:45– 5:45 pm  
Instructor: Nick  
\$6/class

**Manzano Mesa**

Wednesday, 6:00 – 7:00 pm

**Ballroom/Swing/Country/Dance: Intermediate**

Come learn the basics moves for ballroom, Latin and swing. Intermediate is a continuation from the beginning class, with intermediate step patterns. Includes patterns & disc.

**Manzano Mesa**

Saturday  
Beginning: 10:00 – 11:00 am  
Intermediate: 11:00 am - 12:00 pm  
Instructor: Barbara W.  
\$25.00/4 weeks, includes patterns and disk

**North Domingo Baca**

Thursday, 7:00 – 8:00 pm  
Saturday, 11:45 – 12:45 pm  
Instructor: Georgette

**Hula and Hawaiian Culture**

Learn Hula dance and experience the rich and beautiful Hawaiian culture.

**North Domingo Baca**

Tuesday, 4:45 – 5:45 pm

**New Mexico Folk Dance****Manzano Mesa**

Wednesday, 10:00 – 11:00 am

**Square Dancing**

Enjoy the timeless tradition of Square Dancing.

**Palo Duro**

Wednesday, 1:00 – 3:00 pm

**Tribal Belly Dance/ Belly Dance Foundations**

Get in touch with your inner beauty while getting a good workout. This gentle approach to this ancient art form can be enjoyed by women of all ages, abilities, sizes and shapes.

**North Domingo Baca**

Friday, 5:00 - 6:30 pm

**Wise Women Belly Dancing**

This gentle approach to this ancient art form can be enjoyed by women of all ages, abilities, sizes and shapes.

**Manzano Mesa**

Thursday, 6:00 – 8:00 pm  
\$10 Drop In or \$35 for 4 Classes

**JULY - DEC., con't.****Dinner Dances**

Spend an elegant evening dining and dancing to live music. Various bands  
\$7.50 per person. 4:00 - 7:00 pm

**Barelas**

Tuesday, December 19

**Los Volcanes**

Tuesday, July 25

Tuesday, October 24

**Friendship Coffee****Barelas**

Wednesday, 9:30 – 10:30 am

**Bear Canyon**

Tuesday, 9:30 – 10:30 am

**Highland**

Monday, 1:00 - 4:00 pm

**Los Volcane**

Thursday, 10:00 – 11:00 am

**Manzano Mesa**

Thursday, 10:00 - 11:00 am

**Palo Duro**

Wednesday, 9:15 - 10:15 am

**Barelas**

nice background music while visiting with friends. It's a great way to start the day!

Friday, July 21

8:00 – 9:00 am \$1.50

**AUGUST 2017****Rise & Shine... It's Breakfast Time**

Our chef is busy cooking up one special breakfast surprise for you! Enjoy some nice background music while visiting with friends. It's a great way to start the day!

Friday, August 18

8:00 – 9:00 am \$1.50

**SEPTEMBER 2017****Rise & Shine... It's Breakfast Time**

Our chef is busy cooking up one special breakfast surprise for you! Enjoy some

**Ice Cream Socials**

Banana splits and sundaes are favorites. 75¢/serving

**Barelas**

2nd Tuesday, 11:30 am – 1:00 pm

**Los Volcanes**

1st Wednesday, 11:15 am – 12:15pm

**Palo Duro**

3rd Thursday, 11:30 am- 12:30 pm

**Pie Social**

3rd Friday of the month.

**Los Volcanes**

11:15 am - 12:30 pm

**JULY - DECEMBER****Afternoon Matinee Movie**

Come join us for some complementary popcorn as we gather & watch a weekly featured "Afternoon Matinee Movie".

**Highland**

Friday, 2:00 pm

**Movies at Palo Duro**

Join us as we watch some of the latest hits and even re-visit some classics. Refreshments to be served at intermission.

**Palo Duro**

1st & 3rd Thursdays  
1:30 - 4:30 pm

**Birthday Party**

Celebrate birthdays every month with cake.

**Bear Canyon**, 2nd Thursday, 11:30 am – 12:30 pm

**Barelas**, 3rd Wednesday, 11:30 am – 1:00 pm

**Palo Duro**, 1st Friday, 11:30 am - 12:30 pm

**Highland**, 1st Wednesday, 12:30 - 1:30 pm

**Los Volcanes**, 1st Friday, 11:15 am – 12:30 pm

**N. Domingo Baca**, Last Friday, 11:45am -12:30pm

**North Valley**, 3rd Friday, 11:30 am – 12:30 pm

**Dessert Socials**

Join us for a special treat once a month, with a variety of desserts.

**Bear Canyon**

3rd Friday, 1:30 – 2:30 pm

**North Domingo Baca**

1st Friday, 11:45 am – 1:00 pm

**Barelas**

4th Thursday, 10:00 – 11:00 am

**Dance to Live Music at the Centers**

Dance to top 40s, Spanish, country western, swing, ballroom and oldies. Check the bulletin boards for our monthly listings of bands. \$3.00 per person.

**Barelas**

Friday

1:30 – 4:15 pm

**Bear Canyon**

Thursday

6:00 – 8:45 pm

**Highland**

3rd Wednesday

of every month

1:30 - 4:30 pm

**Los Volcanes**

Thursday, 1:30 – 4:30 pm

**North Valley**

Sunday, 1:30 – 4:30 pm

(October, November, December)

Dances beginning August 27 -

October will be at the Barelas

Senior Center.

**El Camino Senior Garden Fall Festival**

Join us in the El Camino Senior Gardens for our Annual Garden Fall Festival. There will be light refreshments, music and prize drawings. Come visit our lovely fall El Camino Senior Garden behind the Barelas Senior center and see our lovely flowers and relaxed hidden retreat. Contact Garden Keeper Patrick Turrieta more information.

Thursday, September 28  
1:30 – 3:00 pm

**OCTOBER 2017****Rise & Shine... It's Breakfast Time**

Our chef is busy cooking up one special breakfast surprise for you! Enjoy some nice background music while visiting with friends. It's a great way to start the day!

Friday, October 20  
8:00 – 9:00 am \$1.50

**Boo! Ball Mini Dance**

Join us if you dare for fun! We will have food, music, dancing! You'll have a haunting good time! Music by Chunda.

Friday, October 27  
1:30 - 4:15 pm  
\$2 per person

**Spooktacular Luncheon**

Put on your costumes and join us for a Halloween Luncheon!

Tuesday, October 31  
11:30 am - 1:00 pm  
Reservations Required

**NOVEMBER 2017****5th Annual Veterans Memorial Garden Celebration**

Join us for our traditional Veterans recognition celebration. This formal event

takes place in our El Camino Garden and is a wonderful way to honor all our American Veterans past and present who have made our freedom a special and cherished tradition in these United States of America. See the beautiful 16 foot Star Floral Veterans Memorial garden of red, white and blue constructed and funded by seniors here at Barelas. Please contact Garden Keeper Patrick Turrieta for more information.



Thursday, November 9  
10:00 – 11:00 am

**Rise & Shine... It's Breakfast Time**

Our chef is busy cooking up one special breakfast surprise for you! Enjoy some nice background music while visiting with friends. It's a great way to start the day!

Friday, November 17  
8:00 – 9:00 am \$1.50

**Eat, Drink & Be Thankful**

Thanksgiving is the time of the year, when we gather with friends so dear!

Wednesday, November 22  
11:30 am - 1:00 pm  
Reservations Required

**DECEMBER 2017****Deck the Halls and Trim the Tree**

We'll start at 9:00 am and end when it's done (or the hot chocolate is gone!)

Tuesday, December 5  
9:00 - 11:00 am

**Rise & Shine... It's Breakfast Time**

Our chef is busy cooking up one special breakfast surprise for you! Enjoy some nice background music while visiting with friends. It's a great way to start the day!

Friday, December 22  
8:00 – 9:00 am \$1.50

**Barelas Hub**

What is happening in the Barelas Hub, one of the city's oldest neighborhoods? New and exciting activities are happening between the Barelas Senior Center and the Barelas Community Center. It's an opportunity for children and seniors to come together. Please join us for the following events and activities!

**Tortilla Making**

Do you remember growing up watching Grandma or Grandpa making tortillas and sharing stories of "the good old days?" Join us for this fun class. We'll find out who can roll the roundest tortilla and then eat our nice warm tortillas with some melting butter!



**Barelas Community Center**  
Wednesday, July 26  
10:00 – 11:30 am

**Barelas 4th Annual Fall Fiesta**

Bienvenidos! Enjoy the history and traditions of Barelas with live entertainment, children's activities, food, music and dancing in the Hub of Barelas! Fun for the whole family! Music by Black Pearl!

**Barelas**  
Saturday, September 30  
Call Center for Details

**AUGUST 2017****Sock Hop Dance**

Let's Shake Rattle and Roll on over to Bear Canyon for a Sock Hop Dance, Entertainment by the Classic 45's.

Thursday, August 31  
6:00 - 9:00 pm  
\$2.50

**SEPTEMBER 2017****Wild, Wild West Luncheon**

Saddle Up! Put your boots on and mosey on over to Bear Canyon for a Rootin' Tootin' good time! Reservations required, serving lunch from 11:30 – 12:00 pm.

Friday, September 22  
11:30 am - 1:00 pm \$4

**OCTOBER 2017****Oktoberfest Dance**

Hey, it's time to jump into your dirndl and lederhosen and yodel your way to our haus. Bear Canyon's celebrating Oktoberfest, Entertainment by Roger Burns.

Thursday, October 12  
6:00 - 9:00 pm \$2.50

**NOVEMBER 2017****Halloween Scare**

Join us for a Spook-Tacular good time. Costumes not required but encouraged! Reservations required, serving lunch from 11:30 – 12:00 pm.

Friday, October 27  
11:30am - 1:00 pm \$4

**Bear Canyon****Black Tie Evening Dance**

Wear your finest sequins and bowties, Entertainment by Swing Shift

Thursday, November 2  
6:00 - 9:00 pm  
\$2.50

**Oso Canyon Art Fest**

The 26th Annual Oso Canyon Art Fest is the place to be. This arts and crafts event features one-of-a-kind creations by talented local artists and crafters and it is the ideal place to find the perfect holiday gift. Refreshments will also be available for purchase. Tables rent for \$40 and go on sale August 1, 2017.

Saturday, November 4  
9:00 am - 3:00 pm

**Harvest Luncheon**

Let us be thankful together. Join us for Bear Canyon's annual Harvest Luncheon. Reservations required.

Friday, November 17  
11:30 am - 1:00 pm  
\$4

**DECEMBER 2017****Tree Trimming**

Join us as we decorate for the holiday season. Warm up with some hot chocolate, hot apple cider and holiday cookies.

Friday, December 1  
11:00 am - 12:00 pm

**Holiday Luncheon**

Celebrate the season with your friends at Bear Canyon for our annual Holiday Luncheon. Reservations required, serving lunch from 11:30 – 12:00 pm

Friday, December 22  
11:30 am - 1:00 pm  
\$4

**New Year's Eve Dance**

Ring in the New Year at Bear Canyon Senior Center, with dancing, refreshments, party favors and Entertainment by Swing Shift.

Thursday, December 28  
6:00 - 9:00 pm  
\$2.50



- Fitness • Meals
- Events • Clubs
- Dances • Games
- Classes • Trips

**THERE IS SOMETHING  
FOR EVERYONE!**



# Highland

## JULY 2017

### Summer Time Banana Split Ice Cream Social & Swing Dance!

Come get out of the heat and join Highland Senior Center for a FREE Banana Split Ice Cream Social complete with all the fixings. This will be a 50's & 60's themed event. THEIR BACK by popular request, The Picoso Band will be entertaining us singing songs from the 50's & 60's! Come be festive and put on your saddle shoes and poodle skirts! Join us for some reminiscing & some healthy fun dancing while we rock-n-roll to the oldies! No cost to attend this event, due to sponsorship by Smith's Store #496. However, space is limited & advance sign-up at the HSC front desk is required.

Wednesday, July 26  
Serving 2:00 - 4:00 pm  
Dance 2:00 - 4:30 pm



## AUGUST 2017

### Luau Special Luncheon & Dance

Break out your Hawaiian shirt and dust off your grass skirt. It's time for a Luau Special Luncheon and Dance. Lunch will be served first, and the dance following afterwards. THEIR BACK by popular request, The 45's Classic Oldies Band will be entertaining us singing songs from the 50's & 60's!

Wednesday, August 23rd  
Serving from 11:30 am - 12:00 pm  
Dance starts at 12:30 - 3:30 pm.  
\$4 Ticket Required



## JULY 2017

### Red, White & Blue Barbecue

Celebrate the Red, White, & Blue... Join us for a fun BBQ! The party starts early!

Wednesday, July 5, 11:30 am - 1:00 pm

## SEPTEMBER 2017

### Country Western Ice Cream Sundae Social & Dance

Come to Highland Senior Center for a good ol' Country Western themed fun filled FREE Ice Cream Sundae Social, complete with all the fixings! Be festive & put on your jeans, boots & cowboy hat. The Tumbleweeds Band will be entertaining us singing Country Western songs. However, space is limited & advance sign-up at the HSC front desk is required.

Wednesday, September 13  
Serving from 2:00 - 4:00 pm  
Dance 2:00 - 4:30 pm

## OCTOBER 2017

### Special Halloween Luncheon & Dance

Join all the ghosts and goblins that come out for the annual Highland Senior Center Halloween Luncheon. Come dressed in a festive costume & try to win the Costume Contest and/or Cake Walk! Lunch will be served first, and the dance following afterwards. The Picoso Band will be entertaining us singing songs from the 50's & 60's!

Thursday, October 26th  
Serving from 11:30 am - 12:00 pm  
Dance 12:30 - 3:30 pm.  
\$4 Ticket Required

# Los Volcanes

## AUGUST 2017

### Rummage Jubilee

Come and shop at Los Volcanes First Rummage Jubilee. Perfect way to enjoy the summer! Vendors take advantage of our space and customer

## NOVEMBER 2017



### Thanksgiving Meal

Join us for our Annual Thanksgiving meal complete with all the traditional trimmings. We will have Live Entertainment playing in the Social Hall while lunch is being served.

Wednesday, November 22  
Serving from 11:30 am - 1:00 pm  
\$3.25 Reservation Required

## DECEMBER 2017

### Special Holiday Luncheon & Concert by the Highland Harmonizers

Come join us for a festive Special Holiday Luncheon, and bring your Christmas spirit as we sing carols and enjoy a delicious holiday meal with all the seasonal fixings. We will be entertained again this year by our very own Highland Harmonizers! The Harmonizers will be singing festive carols in regards of the Holiday Season!

Thursday, December 14th  
Serving from 11:30 am - 12:00 pm  
Concert starts at 12:15 - 1:15 pm.  
\$4 Ticket Required

traffic to sell your unwanted items. Bring your own shade, tables \$15. Sign up at front desk.

Wednesday, August 30  
8:00 am - 2:30 pm

## SEPTEMBER 2017

### End of Summer BBQ

Join us for a fun BBQ! The summer might be ending but the party is just getting started!

Wednesday  
September 13  
11:30 am - 1:00 pm



## NOVEMBER 2017

### Veterans Appreciation Entertainment

Lunch entertainment in honor of our Veterans who gave so much. Refreshments will be served.

## JULY 2017

### No Shirt, No Shoes, No Problems Summer BBQ

Come join us for mid-summer BBQ with cool refreshments. Be sure to wear your summer time attire. Sun glasses, flip flops, Hawaii shirts and straw hats are totally rad!

Friday, July 14  
11:30 am - 1:00 pm



## AUGUST 2017

### Birthday Carnival

Come help us celebrate Manzano Mesa turning 15 years old. The center opened its doors in early August of 2002 as the first Multigenerational Center in Albuquerque. Since then the center has welcomed many great participants, volunteers, and staff members. Join us for refreshments, entertainment and activities for all ages.

# Los Volcanes, con't.

Thursday, November 9  
10:30 - 11:30 am

## DECEMBER 2017

### Tree Trimming

Join us as we decorate for the holiday season. Warm up with some hot chocolate, hot apple cider and holiday cookies, entertainment by Ray Lucero.

Wednesday,  
December 6  
10:00 am - 12:00pm



# Manzano Mesa

Thursday, August 17  
9:00 am - 3:00 pm



## SEPTEMBER 2017

### Cowboys and Southern Belles Do-Si-Do

Grab a partner and join us for a country style themed lunch.

Wednesday  
September 20  
11:30 am - 1:00 pm



## OCTOBER 2017

### Fall Festival and Pet Parade

We welcome you to attend our Annual fall festival. There will be newly added and updated games, make sure to enter the children into the costume contest and don't forget about our pet parade so bring the family dogs in costume.



### Holiday Party

Entertainment and games will be part of the fun! Food, Desserts and Drinks will be served. Bring a dish if you would like. Sign up at front desk.

Wednesday, December 13  
1:30 - 3:00 pm

October, Saturday 21  
10:00 am - 2:00 pm

## NOVEMBER 2017

### We Thank You!

Please come join us to honor our United States Veterans. Gather to show appreciation, share stories and remember those who fought bravely and served our country.

Thursday, November 9  
11:30 am - 1:00 pm



## DECEMBER 2017

### Winter Ball Dance

You are formally invited. Wear your best gowns and suits enjoy an afternoon of elegant dancing at this winter time ball. Hors d'oeuvres and sparkling cider will be served.

Tuesday, December 19  
1:00 - 3:00 pm



# North Domingo Baca

## AUGUST 2017

### Potluck Night/Movie

Come join us as we watch a movie and enjoy everyone's home cooked dish.

Friday, August 18  
6:00 – 8:00 pm



## SEPTEMBER 2017

### Lunch and a Movie

Friday, September 15  
11:30 am – 1:00 pm



## OCTOBER 2017

### Halloween Howl Party

Join us for music and food on the scariest day of the year if you dare! Come dressed for the occasion and join in on the costume contest.

Tuesday, October 31  
10:30 am – 12:00 pm



## NOVEMBER 2017

### Veterans Day Appreciation

Veterans, we thank you! Come and join us as we honor the men and women that served our country.

Thursday, November 9  
10:00 am – 11:30 am



### Winter Wonderland Dinner Dance

Enjoy an enchanted evening of elegance with dinner and dancing.

Tuesday, November 14  
4:00 – 7:00 pm

## OCTOBER 2017

### Halloween Party

Come and wear your costume and spend the afternoon with us. Seniors and afterschool kids will meet in our Social Hall for a spooky movie. And what's a movie without snacks! Popcorn and Halloween treats for all.

Friday, October 27  
3:00 – 6:00 pm



## NOVEMBER 2017

### Salute to our Veterans Lunch

Meet our local veterans that have served our great nation. Retired and

# North Valley

### Thanksgiving Luncheon

Join us for a traditional Thanksgiving meal and entertainment.

Wednesday, November 22  
11:30 am – 1:00 pm  
Reservation Required

### Tree Trimming

Bring or donate a special ornament to put on the North Valley Christmas tree while we sip on hot cider and cookies.

Thursday, November 30  
10:00 – 11:30 am



## DECEMBER 2017

### Annual Holiday Arts & Crafts Fair

Come and shop for that special gift for the holidays. Enjoy all types of arts and crafts including custom sports accessories, cross-stitching, knitting and crocheting, tin work, quilting and sewing, woodworking, jewelry making, bead-

active duty military will share our lunch table and converse about their military time served.

Monday, November 13  
11:30 am – 1:00 pm

## DECEMBER 2017

### Holiday Party

Come listen to some holiday music and make ornaments and enjoy the company of others. Cider, hot chocolate and snacks.

Friday, December 15  
11:30 am – 1:00 pm



work, paintings and much more.

### North Valley

Friday, December 1  
9:00 am – 1:00 pm

### Holiday Pot Luck & Ornament Exchange

Come and bring your specialty dish to our annual pot luck. We will spend the morning enjoying the company of friends, listening to music and tasting delicious foods. Bring an ornament if you want to participate in and ornament exchange.

### North Valley

Thursday, December 21  
10:30 am – 12:00 pm



## AUGUST 2017

### Food Truck and Growers Market Day "Loco for Local"

It's that time of year again! Join us for our Loco for Local at our second annual Food Truck and Growers Market Day! We will be having food trucks, entertainment, local growers, health screenings and much more.

Friday, August 18  
11:00 am – 3:00 pm



## SEPTEMBER 2017

### A Day at the County Fair Luncheon

We may not have the mechanical bull at this State Fair- themed luncheon, but we're sure to have the carnival games! Hang out afterwards for our dance.

Thursday, September 14  
11:30 am – 1:00 pm  
\$4 Reservations Required

### Let's Dance!

Do you like Country Music and the dancing that goes along with it? Then this event is for you! We will have a live band to play for your enjoyment along with a lively dance floor.

Thursday, September 14  
1:00 – 2:30 pm



# Palo Duro

## OCTOBER 2017

### Pumpkin Spice & Everything Nice Luncheon

Fall is here and the smells and flavors to go with it. You don't want to miss this luncheon full of Fall festivities, so be sure to get your tickets soon!  
Thursday, October 12  
11:30 am – 1:00 pm  
\$4 Reservations Required

### Howl-O-Ween Pet Parade

Our furry four-legged friends have always been there for us, so why not include them in an event of their own? Bring your dog (leashed please) as we parade to show off their Halloween costumes. Winners will be given prizes! Join us for this first-ever event and you can be our very own judges! Friendly pets only.

Tuesday, October 31  
9:30 – 11:00 am

## NOVEMBER 2017

### Holiday Arts & Crafts Fair

Our annual Holiday arts & crafts fair offers a fine selection of handcrafted items. Only handcrafted and artisan goods will be available to sell, so be sure and make your table reservation today. This special event will only take place November and December!

Tuesdays  
8:30 am -12:00 pm  
\$2.00/ table

### Because of the Brave Luncheon

This luncheon is to celebrate all the men and women of our armed forces. If you have served in our Military or want to show your appreciation- please join us as we will have a show for you! After all, we are home of the Free, because of the Brave.

Palo Duro  
Thursday, November 9  
11:30 am -1:00 pm

### The Thankful Tree

Take time to be thankful for everything that you have as we will be placing leaves with our thanksgivings on our Thankful Tree! Apple Cider and tasty treats will also be served.

Palo Duro  
Monday, November 20  
10:00 – 11:30 am

## DECEMBER 2017

### Candy Cane and Cocoa Tree Trimming

What's a winter month without candy canes and cocoa? We will be having a delicious Hot Chocolate Bar along with all of the fixings and candy canes!

Palo Duro  
Friday, December 1  
10:30 am – 12:00 pm

### Tis the Season Special Luncheon

Tis the season to be jolly! This is always a festive time of year and we want to share these festivities with you! Carolers will sing traditional Christmas songs as we enjoy a candlelit-style lunch. Be sure to mark your calendars!

Palo Duro  
Thursday, December 14  
11:30 am – 1:00 pm





*Join us today!!*

Membership is ONLY **\$15/year**

Activities! Entertainment!  
Education! And, most importantly...FUN!



#### Bingo

Bingo with cash and prize giveaways, raffle drawings and refreshments. \$3 for basic/special play \$.25 for other games

##### Barelas

Tuesday, 1:15 - 3:45 pm

##### Bear Canyon

Wednesday, 1:30 - 4:00 pm

##### Highland

Monday, 1:15 - 3:30 pm

##### Los Volcanes

Friday, 1:30 - 4:00 pm

##### Manzano Mesa

Thursday, 1:30 - 4:30 pm

##### Palo Duro

Tuesday, 1:15 - 4:00 pm



#### Billiards

Visit and meet with friends. A variety of games are played at each center. Donation requested.

##### Barelas

Monday - Friday, 8:00 am - 5:00 pm

##### Bear Canyon

Monday - Friday, 8:00 am - 4:45 pm  
Saturday, 9:00 am - 2:45 pm

##### Highland

Monday - Friday, 8:00 am - 4:45 pm

Wednesday, 8:00 am - 6:45 pm  
Saturday, 10:00 am - 3:45 pm

##### Los Volcanes

Monday - Friday, 8:00 am - 4:30 pm  
Thursday, 8:00 am - 6:30 pm  
Saturday, 9:00 am - 12:30 pm

##### Manzano Mesa

Monday - Friday, 8:00 am - 8:45 pm  
Saturdays, 9:00 am - 2:45 pm

##### Palo Duro

Monday - Friday, 8:00 am - 4:45 pm  
Saturday, 9:00 am - 1:00 pm



#### Board Games & Puzzles

Play board games, cards, checkers, chess or Loteria (Spanish Bingo), or put together a jigsaw puzzle. Games available to be checked out at front desk.

##### Barelas

Monday - Friday, 8:00 am - 5:00 pm

##### Highland

Monday - Friday, 8:00 am - 4:45 pm  
Wednesday, 8:00 am - 6:45 pm  
Saturday, 10:00 am - 3:45 pm

##### Los Volcanes

Monday - Friday, 8:00 am - 4:30 pm  
Thursday, 8:00 am - 6:30 pm  
Saturday, 9:00 am - 12:30 pm



#### Bridge

Offered throughout the week, most games require you to have your own foursome.

##### Bear Canyon

Wednesday, 12:30 - 3:30 pm  
Thursday, 8:30 - 11:30 am

##### Highland

Tuesday, 12:00 - 4:00 pm  
Thursday, 12:30 - 3:30 pm

##### Manzano Mesa

1st and 3rd Friday, 10:00 am - 2:30 pm

##### Palo Duro

Wednesday, 12:30 - 2:45 pm

#### Bridge: Duplicate

Players are invited to participate in this non-sanctioned game. Pre-arrange your partners before the game or call 881-9725 to locate a possible partner.

##### Bear Canyon

Thursday, 12:30 - 4:00 pm

##### Palo Duro

Monday, 12:15 - 4:00 pm  
Friday, 12:15 - 4:00 pm

#### Bridge, Party

##### Bear Canyon

Friday, 12:15 - 3:30 pm

##### Los Volcanes

Friday, 12:30 - 3:30 pm

#### Bridge: Senior Men's

##### Palo Duro

1st Thursday, 12:30 - 4:00 pm

#### Canasta Hand & Foot

##### Bear Canyon

Monday, 12:00 - 4:30 pm  
Thursday, 12:00 - 4:30 pm

#### Chess: For Fun

Is a two-player board game played on a chessboard; a checkerboard game board with 64 squares arranged in an eight-by-eight grid. Each player begins the game with 16 pieces. Learn the basics, or the moves of the masters. All levels welcome.



#### Bear Canyon

Monday, 11:30 am - 2:30 pm  
Wednesday, 1:30 - 4:30 pm  
Friday, 12:15 - 4:30 pm

##### Highland

Wednesday, 1:00 - 3:00 pm

##### Los Volcanes

Saturday, 9:00 am - 12:00 pm

##### Manzano Mesa

Friday, 6:00 - 8:00 pm

#### Cribbage

##### Bear Canyon

Monday, 9:00 am - 12:00 pm  
Thursday, 9:30 - 11:30 am

**Los Volcanes**, Call for more information and/or place interest

##### Palo Duro

Friday, 1:00 - 3:30 pm

#### Euchre

A trick-taking card game most commonly played with four people in two partnerships with a deck of 24 standard playing cards.

##### Los Volcanes

Tuesday, 12:30 - 4:30 pm

#### Game Time!

Come play a new game or an old favorite such as Scrabble, Uno, Apples to Apples, Rummy-O, Parcheesi, Backgammon or bring one of your own!

##### Palo Duro

Wednesday, 12:00 - 5:00 pm

#### Huachas

Huachas is a game, similar to horseshoes, that involves teams of players that take turns tossing washers towards a box or hole. The game may also be called washer pitching, washer toss, washers or washoes.



##### Bear Canyon

outside in park  
1st, 3rd, 4th Friday  
10:00 - 11:00 am

#### Jigsaw Puzzle

##### Highland

Monday - Friday, 8:00 am - 4:45 pm  
Wednesday, 8:00 am - 6:45 pm  
Saturday, 10:00 am - 3:45 pm

#### Mah Jongg/Spite or Malice

This game is played with 144 tiles that are drawn and discarded until a player gets a winning hand.



##### Bear Canyon

Monday, 12:00 - 4:30 pm

##### Highland

Friday, 1:00 - 3:00 pm

##### Los Volcanes

(Spite & Malice this center only)

Thursday, 12:30 - 4:00 pm

##### Palo Duro

2nd, 4th Thursday, 12:00 - 3:30 pm

#### Mexican Train

Is a game played with Dominoes. The object of the game is for a player to play all the dominoes from his or her hand onto one or more chains, or "trains", emanating from a central hub or "station".



##### Bear Canyon

Saturday, 10:00 am - 12:00 pm

##### Highland

Monday & Wednesday, 12:30 - 4:00 pm

##### Los Volcanes

Tuesday, 12:45 - 4:00 pm

#### Pinochle

Pinochle is derived from the card game bezique; players score points by trick-taking and also by forming combinations of cards into melds.

##### Bear Canyon

Tuesday, 9:30 - 11:30 am

##### Bear Canyon

Tuesday, 12:30 - 4:45 pm

##### Highland

Tuesday & Thursday, 12:00 - 4:00 pm

**Los Volcanes**, Facilitator: Robin

Wednesday, 12:30 - 4:30 pm

##### Manzano Mesa

Wednesday, 1:00 - 4:30 pm

#### Poker

##### Bear Canyon

Monday, 1:00 - 4:00 pm

**Los Volcanes**, Facilitator: Ida

Tuesday, Wednesday, Friday  
12:30 - 4:00 pm

Rummikub

Los Volcanes, Facilitator: Mickie  
Monday, 12:00 - 3:30 pm

Shanghai Rummy

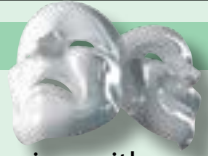
A rummy card game, based on gin rummy and a variation of Contract rummy played by 3 to 8 players. It is also known as California rummy.

Bear Canyon

Tuesday, 12:00 - 4:00 pm  
Thursday, 12:30 - 4:00 pm



Acting



Rio Grande Players

This group welcomes seniors with an interest in theatre, no experience needed. Participate on and offstage.

Palo Duro

Tuesday, 2:15 - 4:30 pm

Highland Readers Theater

Highland

Tuesday, 3:00 - 5:00 pm

Arts and Crafts

Applique East Quilters

North Domingo Baca

4th Tuesday, 9:45 am - 12:00 pm

Arts & Crafts Sharing

North Valley

Wednesday, 9:00 am - 12:30 pm

Embroider's Guild of America (Sandia Mtn. Chapter)

North Domingo Baca

2nd Tuesday, 8:00 am - 1:30 pm

Embroider's Guild Beading

North Domingo Baca

4th Tuesday, 10:00 am - 12:00 pm

Gathering of Artists

Also known as "Artist Series" started by Ralph Lewis this group of artist will present and gently critique art pieces in any medium. Artists of all levels are welcome.

Highland

Monday, 9:30 - 11:30 am

Knitting Guild

North Domingo Baca

1st Saturday, 12:00 - 2:00 pm

NM Polymer Clay

N. Domingo Baca

2nd Saturday, 12:00 - 3:00 pm

Off Beat Artists

We are a group of self-directed artists who work primarily in drawing and painting mediums. The objective of our group is to work and share our creative experiences in an atmosphere of camaraderie. There are no instructions provided, but we share gentle critiques with one another if requested. Participants provide their own materials and work at their own pace. If interested, please come by and meet us, or just come ready to work and see if we are a good fit for you!



Barelas

Monday, 11:00 am - 3:30 pm

Origami Club

North Valley, Library

1st Sunday, 1:00 - 3:30 pm

Quilting Cluster

North Domingo Baca

Friday, 10:00 am - 4:00 pm

Project Linus

All levels welcome. Learn techniques for creating sweaters, afghans, burping bibs, baby blankets, etc.

Manzano Mesa

2nd Saturday, 9:00 am - 12:00 pm

Automobile/Trains/RV

Corvairs of New Mexico

Highland, Room 3

3rd Wednesday, 5:00 - 6:00 pm

North Domingo Baca

1st Wednesday, 7:00 - 8:30 pm

New Mexico Corvette Associates

North Domingo Baca

3rd Friday, 6:30 - 7:30 pm

Rio Grande Div. 6 Railroad

North Domingo Baca

2nd Saturday, 12:00 - 3:00 pm

Bible Study

Albuquerque Exploring Faith

North Domingo Baca

2nd & 4th Monday, 6:30 - 8:30 pm

Bible Study

Come and join us every week for Bible Study. Bring your bible if you have one.

Los Volcanes

Tuesday, 9:30 - 11:15 am

North Domingo Baca

Wednesday, 9:00 - 10:00 am



Continued on next page

North Domingo Baca

Wednesday, 6:30 - 8:30 pm

North Valley

Tuesday, 10:30 - 11:30 am

Praise and Worship

Manzano Mesa

Saturday, 1:15 - 2:45 pm

Women's Bible Discussion

Manzano Mesa

Tuesday, 10:30 am - 12:30 pm

Bible Discussion Group

Manzano Mesa

Thursdays, 10:00 - 11:00 am

Book and Discussion

Albuquerque Cyberscribes Writing Group

North Domingo Baca

Monday, 6:30 - 8:45 pm

Albuquerque Philosophy Group

North Domingo Baca

3rd Tuesday, 6:00 - 8:30 pm

Classic & Great Books Discussion Group

Bear Canyon

2nd & 4th Friday, 1:00 - 3:00 pm

Inquiring Minds

All members take turns researching topics and present them to the class for discussion and further study, if desired.

Bear Canyon

Monday, 10:00 - 11:00 am

Land of Enchantment Romance Authors

North Domingo Baca

2nd Saturday, 11:30 am - 2:45 pm

Libros

Manzano Mesa

1st Saturday, 9:00 am - 12:00 pm

Meeting of the Mind

North Domingo Baca

4th Tuesday,  
6:45 - 8:45 pm

Mystery Book Club

All the books that we read are available at the public library. Everyone is welcome so please join us!

Palo Duro

2nd Tuesday, 1:30 - 2:30 pm

Facilitator: David Haugnout

Mystery Mavens Book Club

North Domingo Baca

2nd Wednesday, 7:00 - 8:00 pm

NM State Poetry Society, (Abq. Chapter)

North Domingo Baca

2nd Saturday, 12:30 - 2:30 pm

Novel Book Club

Highland

2nd Saturday, 2:30 - 4:00 pm

Open Topic Discussion Group

Discuss ideas, values and problems of the times. Occasionally, guest speakers are invited.

Palo Duro

Thursday, 1:00 - 3:00 pm

Facilitator: Gustafson

Philosophy Discussion

North Domingo Baca

1st Monday, 7:00 - 8:45 pm

Poetry Critique Group

North Domingo Baca

Wednesday, 10:00 am - 12:00 pm

Romance Readers Book Club

North Domingo Baca

1st Tuesday, 6:30 - 7:30 pm

Society of Children's Book Writers and Illustrators (SCBWI)

North Domingo Baca

2nd Tuesday, 7:00 - 8:30 pm

TGIF Poetry Group

Bear Canyon

1st & 3rd Friday, 1:00 - 3:00 pm



Community Groups

Albuquerque Roadrunners Club

North Domingo Baca

1st Wednesday, 7:00 - 8:00 pm

APS Transition Services

North Domingo Baca

Tuesday, 8:00 - 11:00 am

Bead Society of NM General Meeting

North Domingo Baca

4th Monday, 6:30 - 8:30 pm

Canasta

Highland

Monday, 1:00 - 4:00 pm

North Domingo Baca

Saturday, 11:30 am - 2:45 pm

Canasta 60+ Singles Meet Up

North Domingo Baca

Monday, 6:30 - 8:30 pm

Chaplain Monthly Meeting

North Domingo Baca

1st Thursday, 6:00 - 8:00 pm

Chinese American Speaker Series

North Domingo Baca

4th Saturday, 10:00 am - 12:00 pm

District 4 Coalition

North Domingo Baca

3rd Wednesday, 7:00 - 8:45 pm

Enchanted Lens Camera Club

North Domingo Baca

4th Tuesday, 6:30 - 8:30 pm

Escribiente Calligraphy Society

For more information about escribiente calligraphy: [escribiente.org](http://escribiente.org).

Manzano Mesa

1st Wednesday  
6:30 - 8:30 pm



Continued on Page 32

**Gray Panthers of Greater Albuquerque**

Gray Panthers brings together young, old, women, men persons of all ethnic, racial and economic backgrounds for the promotion of social and economic justice. The meetings have guest speakers speaking on current local and national issues.

**Highland**  
4th Saturday, 1:00 - 3:00 pm

**Hearts/Spades**

**North Domingo Baca**  
Tuesday, 9:00 am - 12:00 pm  
**Home School Chess Club**

**North Domingo Baca**  
Tuesday, 1:30 - 4:00 pm

**Invisible Stitches Support Group**

**North Domingo Baca**  
1st & 3rd Monday, 12:00 - 3:00 pm

**Italian Club**

**North Domingo Baca**  
1st Thursday, 6:30 - 8:30 pm

**Japanese Play Group**

**North Domingo Baca**  
Bi-Weekly, 11:30 am - 3:00 pm

**Kiwanis Club of Coronado**

**North Domingo Baca**  
3rd Tuesday, 5:15 - 7:30 pm

**Laughter Group**

**North Domingo Baca**  
Wednesday, 10:15 - 11:00 am

**Mah Jongg**

**Highland**  
Friday, 1:00 - 3:00 pm  
**North Domingo Baca**  
Friday, 12:00 - 4:00 pm

**Modular Railroad**

**Manzano Mesa**  
3rd Saturday, 10:00 am - 3:00 pm

**Noreste Neighborhood Assoc.**

**North Domingo Baca**  
1st Tuesday

**Northeast Area Community Policing Council**

**North Domingo Baca**  
2nd Tuesday, 6:00 - 8:30 pm

**Notre Dame Club of NM**

**Manzano Mesa**  
1st Monday, 5:30 - 6:45 pm

**Russian Language Group**

**North Domingo Baca**  
Saturday, 9:00 - 10:15 am

**Red Hat Society**

Join your senior sisters across the nation and the world, and greet middle-age with verve, humor and frivolity. The only criteria for joining are willingness to share and a red hat.



**Palo Duro**  
1st Saturday, 11:00 am - 12:30 pm

**Social Singles Meeting**

**Bear Canyon**  
1st Tuesday, 11:30 am - 1:30 pm  
3rd Friday, 3:00 - 4:45 pm

**Senior SAGE Men's Group**

This is a time to get together and share about what's happening in our lives and our community. Plus we will discuss ideas on how we can make things better for LGBT older adults and all the members of our community.

**Highland**  
3rd Wednesday, 10:00 am - 12:00 pm

**Senior LGBT Monthly Meeting**

This is a time to get together and share about what's happening in our lives and our community. Plus we will discuss ideas on how we can make things better for LGBT older adults and all the members of our community.

**Highland**  
2nd Thursday, 2:00 - 4:00 pm

**Sociable Singles Social**

**Bear Canyon**  
4th Thursday, 3:00 - 5:30 pm

**Society of Creative Anarchism**

The Society for Creative Anachronism is an international living history group with the aim of studying and recreating mainly Medieval European cultures and their histories before the 17th century.

**Manzano Mesa**  
3rd Tuesday, 6:00 - 9:00 pm

**VFW Post 10763**

**Bear Canyon**  
1st Thursday, 8:30 - 9:45 am

**Vietnamese Seniors**

**Manzano Mesa**  
Saturday, 9:00 am - 12:00 pm

**Words of Peace Global Presentation**

**North Domingo Baca**  
3rd Saturday, 12:00 - 2:30 pm

**Xi Delta Sorority**

**North Domingo Baca**  
3rd Tuesday, 7:00 - 8:45 pm

**Family****Genealogy**

Learn to research your family history using internet sources, including tools and references on how to get started. No registration required.



**Bear Canyon**  
3rd Friday, 12:30 - 2:30 pm

**Reclaiming Families**

**Manzano Mesa**  
Tuesday, 6:00 - 7:30 pm

*There is  
a center  
close to you!  
See Page 3*

**Music****Accordion Group**

Group open to accordion players of any level.

**Bear Canyon**  
2nd & 4th Thursday, 7:00 - 9:00 pm

**Palo Duro**  
Friday, 9:00 am - 12:00 pm  
3rd Saturday, 10:00 am - 12:00 pm  
Facilitator: Jane Hendley

**Albuquerque Recorder Orchestra**

**Palo Duro**  
Saturday, 10:00 - 11:30 am  
Facilitator: Ray Hale

**Beartones**

This is a four part (soprano, alto, tenor and bass) singing group. Ability to read music is a plus.

**Bear Canyon**  
Thursday, 9:30 am - 12:00 pm

**Choralaires**

No musical training is required. Group also performs at community venues.

**Palo Duro**  
Monday, 9:00 - 11:00 am

**Jug Band Practice**

**Palo Duro**  
Monday, 11:30 am - 1:00 pm

**Guitar (Beginning)**

You need your own instrument and music stand.

**Bear Canyon**  
Wednesday, 9:00 - 11:00 am

**Guitar Group**

For those who can play guitar. Also, other instruments are welcome. You need your own instrument and music stand. We welcome musicians, amateurs and professionals.

**Highland**  
Wednesday  
1:00 - 2:00 pm

**Guitar Workshop**

**Bear Canyon**  
Monday, 2:00 - 4:00 pm

**Highland Harmonizers**

**Highland**  
Wednesday, 10:00 am - 12:00 pm

**Hi-Toners**

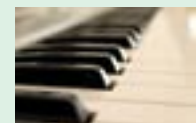
**Highland**  
1st, 2nd & 3rd Friday  
10:30 am - 12:00 pm

**Mariachi Group Practice**

**Barelas**  
Thursday, 3:45 - 4:45 pm

**Piano Open Workshop**

**Bear Canyon**  
Friday, 9:00 - 10:30 am

**Piano Workshop, Intermediate**

**Bear Canyon**  
Thursday, 11:00 am - 12:00 pm

**Roadrunner Strummers**

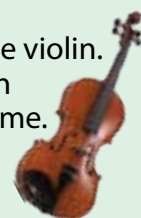
Peace, fun and harmony with the ukelele. New members welcomed.

**Highland**  
Saturday, 10:00 am - 12:00 pm

**Violin Workshop**

Learn the basics of playing the violin. Students must have their own instrument. Beginners welcome.

**Bear Canyon**  
Friday, 8:00 - 10:00 am

**Neighborhood Association**

**Vineyard Estates  
Neighborhood Association**

**North Domingo Baca**  
4th Thursday, 7:00 - 8:15 pm

**Other Groups of Interest****Albuquerque Historic Aviation Society**

A group is for aviation lovers to spend time visiting with fellow enthusiasts.

**Bear Canyon**  
1st Thursday, 7:00 - 9:00 pm

**Cherokee SW Township**

**Bear Canyon**  
1st Thursday, 9:00 - 10:45 am  
**Bear Canyon**  
2nd Saturday, 11:30 am - 2:30 pm

**Albuquerque Congress of Real Estate (ACRE)**

**North Domingo Baca**  
1st Thursday, 6:00 - 8:45 pm

**Albuquerque Tea Party**

**North Domingo Baca**  
Last Thursday, 6:45 - 8:30 pm

**Duke City Flyers**

**North Domingo Baca**  
2nd Thursday, 6:00 - 8:00 pm

**Heritage Hills Neighborhood Association**

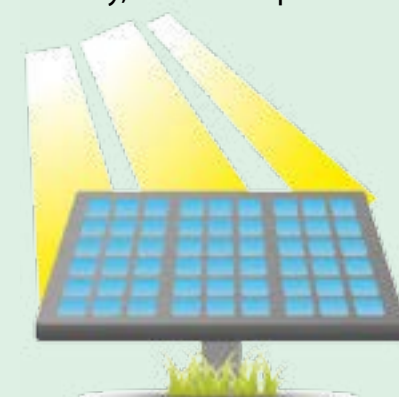
**North Domingo Baca**  
3rd Tuesday, 6:30 - 8:30 pm

**Heritage East Assoc. of Residents**

**North Domingo Baca**  
3rd Monday, 6:30 - 8:00 pm

**NM Solar Energy Board Meeting**

**North Domingo Baca**  
3rd Tuesday, 5:30 - 8:00 pm



Continued on Page 34

Rock Mtn. Flying Machine

North Domingo Baca  
1st Tuesday, 7:00 - 8:45 pm

Soroptimist International

North Domingo Baca  
1st Monday, 5:45 - 7:30 pm

TOPS #216: Take Off  
Pounds Sensibly

Manzano Mesa  
Friday, 9:30 am - 12:00 pm

T.O.P.S. Take Off  
Pounds Sensibly

North Domingo Baca  
Tuesday, 10:00 am - 12:00 pm

USA Track Field of NM

North Domingo Baca  
1st Thursday, 6:45 - 8:45 pm

Zia Sundials, Chapter #106

Members of the National Association of  
Watch and Clock Collectors

Bear Canyon  
2nd Saturday, 12:00 - 3:00 pm

Outdoor Sports

Fisherman's Club

Fisherman and Fisherwomen meet  
every week to decide where the group  
will go fishing.

Bear Canyon  
Every other Monday  
1:00 - 2:00 pm

Los Volcanes  
Monday, 11:00 - 12:00 pm  
Trips: Every Tuesday  
6:00 am - 5:00 pm  
5¢ per mile, Paul Nunez

Rock Hound Club

Palo Duro  
Trips: Thursday  
8:15 am - 4:30 pm  
Facilitator: Charlie Harris

Center memberships are only \$15 a year!

Photography

Digital Photography

Come and join our club!  
You will learn how to  
take pictures with your  
smart phone, tablet,  
digital camera or any  
other digital devise. We  
will go on bi-weekly field trips (5¢ per  
mile) and put our classroom skills to use.  
You may have the opportunity to have  
your photos featured in the upcoming  
activities catalog. Sign up at front desk,  
space is limited.

North Valley

Every other Tuesday (Beginning 1st  
Tuesday in November)  
10:00 - 11:30 am  
Photography trips: will be every other  
Wednesday  
Ernest Rodarte

Senior Issues

NARFE Chapter 80

The National Active and Retired Federal  
Employees Association  
members meet to help  
preserve federal retire-  
ment and health ben-  
efits. Open to civilian  
employees, retirees,  
survivors and spouses.

Palo Duro  
1st Saturday, 11:00 am - 12:45 pm

Retired Physicians Group

Palo Duro  
Monday, 2:45 - 4:30 pm  
Facilitator: Dr. Castillo

Social Networking

Game Night for Widows Group

North Domingo Baca  
3rd Tuesday, 4:40 - 8:30 pm

Kirkland New Horizon Toastmaster

Manzano Mesa  
1st, 3rd & 5th Friday  
11:45 - 1:30 pm



Kiwanis

North Domingo Baca  
Monday (Bi-Weekly), 6:00 - 8:00 pm

Red Hat Sisters

Manzano Mesa  
3rd Thursday, 10:00 - 11:30am

Special Interest

Albuquerque Fibromyalgia  
Support Group

North Domingo Baca  
1st Tuesday, 1:00 - 3:00 pm

Abq. Gluten Intolerance Support  
Group

North Domingo Baca  
4th Saturday, 12:00 - 2:30 pm

ALZ Association Support Group

North Domingo Baca  
1st Tuesday, 4:00 - 6:00 pm

Los Volcanes  
Garden Club

Los Volcanes  
3rd Wednesday  
9:30 - 11:30 am

Multiple Sclerosis

North Domingo Baca  
3rd Thursday, 1:00 - 2:30 pm

Invest in Debt

Manzano Mesa  
2nd Wednesday, 6:00 - 9:00 pm

Investment Club

Club follows the NAIC program.

Palo Duro  
3rd Wednesday, 10:00 am - 12:00 pm

Speak with Distinction Toastmasters

Manzano Mesa  
Thursday, 5:30 - 6:30 pm

Support Groups

Cherokees of NM

Manzano Mesa  
3rd Saturday, 12:00 - 3:00 pm



Grief Support Group

Bear Canyon  
Monday, 3:00 - 4:30 pm

Prostate Cancer Support Group

Bear Canyon  
1st & 3rd Saturday, 12:30 - 3:00 pm

TOPS Take Off Pounds Sensibly

Bear Canyon  
Thursday, 8:00 - 9:15 am

Palo Duro  
Monday, 11:45 am - 1:00 pm

Deaf Seniors Citizens of Greater  
Albuquerque

Palo Duro  
Thursday, 8:30 am - 12:00 pm  
Facilitator: Judy & Dorothy

Essential Tremors Support Group

Come in for support, information,  
sharing of coping skills, understanding,  
comradship and even laughter!

Palo Duro  
3rd Saturday, 10:00 am - 12:00 pm



Travel Clubs

Siglo de Oro RV Club

Bear Canyon  
3rd Tuesday, 10:00 - 11:00 a.m.  
(except November/December)

Albuquerque Travel Partners

We bring together lively seniors to  
discuss potential travel ideas.

Palo Duro  
2nd, 4th Tuesday, 1:00 - 3:00 pm

Writing

TGIF Poetry Group

Bear Canyon  
1st & 3rd Friday  
1:00 - 3:00 pm

Memories -  
Autobiography

Bear Canyon  
Tuesday  
9:00 - 11:15 am



Southwest Writers

Manzano Mesa  
1st and 3rd Friday, 3:30 - 5:30 pm

Writing Group

N. Domingo Baca  
Bi-Weekly Wednesday, 2:30 - 4:45 pm



Voices of the Valley Poetry Group

"Voices of thee Valley" poetry group is  
about poets getting together to read,  
write and discuss poetry of all genres.  
(Limit 8 in a group).

North Valley  
2nd & 4th Friday, 1:00 - 3:30 pm

FIND A  
CENTER  
NEAR  
YOU!

See  
Pages 3 - 5



Open Computer Lab

Open to members who wish to prac-  
tice their skills or access the web. The  
Lab will be open only if a computer  
monitor is in the present.

Los Volcanes  
Call Center  
for hours





*Enjoy the rich palette of art and culture that embodies our dynamic city.*

For more event information visit [ABQtodo.com](http://ABQtodo.com)

## ABQ BioPark

### July

**Zoo Music Concerts**  
Every Friday night through August 4

**Summer Nights Concerts**  
Music at the Botanic Garden every Thursday night through August 10

**Evening Tours**  
Bosque Moonlight Hikes, Night Walks at the Botanic Garden and Twilight Tours at the Zoo. Select tours Tuesday evenings through August 29.

**July Half-Price Weekend**  
July 22 & 23 9 a.m. - 4:30 p.m.  
Half-Price Weekend happens once each quarter for a total of eight half-price days each year. Discounted admission prices are available from any BioPark cashier from 9 a.m. - 4:30 p.m. on these special days.

**Dragonfly Festival**  
July 22 10 a.m. - 2 p.m.  
See wild dragonflies up close, make a craft or just hang out by the water observing at the Festival Green.

**Global Tiger Day**  
July 29 10 a.m. - 2 p.m.  
Learn more about tigers and what you can do to help them survive and thrive.

### August

**World Lion Day**  
August 6 10 a.m. - 2 p.m.  
Celebrate lions at the zoo.

**African Violet Show & Sale**  
August 19 & 20 9 a.m. - 4:30 p.m.  
This event at the Botanic Garden's Heritage Farm will feature beautiful African violets grown by members of the Albuquerque African Violet Club. Club members will show successful techniques for growing, maintaining, and propagating these cheerful plants. Standard and mini African violets will be available for purchase.

### September

**Volunteer Fair**  
September 9 9 a.m. to 2 p.m.  
Learn more about volunteer opportunities at the ABQ BioPark.

**Fall Fiesta of Flowers**  
September 16 9 a.m. - 4:30 p.m.  
Beginning Sept. 16, enjoy the bursting floral displays before winter's chills arrive.

**Elephant Conservation Day**  
September 16 10 a.m. - 2 p.m.  
Learn about endangered Asian elephants and efforts to protect them.

**Rose Exhibition**  
September 23 & 24 1 - 2 p.m.  
Enjoy the Albuquerque Rose Society's annual exhibition in the ABQ BioPark's new High Desert Rose Garden.

### October

**Croctober!**  
October 1 10 a.m. - 2 p.m.  
Learn all about crocodiles and alligators during the Croctober discovery day at the Zoo.

**An Ikebana Autumn**  
October 7 9 a.m. - 5 p.m.  
View local artists' arrangements and discover the subtle allure of this Japanese art.

**Cider Festival**  
October 14 10 a.m. - 4 p.m.  
Sample the smells, sounds and tastes of the fall harvest at the Botanic Garden's Heritage Farm.

**October Half-Price Weekend**  
October 21 & 22 9 a.m. - 4:30 p.m.

### November

**Orangutan Awareness Day**  
November 11 10 a.m. - 2 p.m.

**River of Lights at the Botanic Garden**  
November 25 through December 30

### December

**International Cheetah Day**  
December 3 1 - 2 p.m.

**Holiday Nature Crafts**  
December 6 6 - 8 p.m.  
Bring your whole family to River of Lights and visit the Education Building to make beautiful gifts inspired by nature!

**Kadomatsu in the Japanese Garden**  
December 15, 2017 - January 15, 2018 9 a.m. - 4:30 p.m.  
Kadomatsu are a Japanese New Year's tradition of pine and bamboo arrangements. These arrangements flank the gates of the BioPark's Japanese Garden.

## Special Events

**Route 66 Summerfest**  
Saturday, July 22- 3-10 p.m.  
**Historic Nob Hill**  
The City of Albuquerque, Nob Hill Main Street, and the New Mexico Jazz Festival invite you to the annual Route 66 Summerfest. The free event in Nob Hill will feature up to 25 bands on three stages, including national headliner Los Lobos. Shop the Mother Road Market full of local artisans, dine at local food trucks, and walk the Old Route 66 Car Show. The neighborhood shops and restaurants will be open with sales and specials for the event.

**Downtown Summerfest**  
Saturday, August 12- 5-10:30 p.m.  
**Civic Plaza**  
Head to downtown Albuquerque for food, fun and music! Shop from a variety of local vendors in the artisan market and enjoy free kids' activities. Grab a bite to eat from one of many local food trucks or have



a drink in the Microbrew Garden with a selection of local beer, wine and spirits. Rock out to music from local bands and national headliner Dennis Deyoung: the Music of Styx as he takes over Civic Plaza for a night of great music at this free, family-friendly event.

**Westside Summerfest**  
Saturday, August 26- 5-10:30 p.m.  
**Cottonwood Corners**

Come and do "The Twist" with us as the City of Albuquerque closes the Summerfest season at Westside Summerfest! Savor delicious food from one of many food trucks, shop from local artisans and grab a drink from the Microbrew Garden featuring local beer, wine and spirits. Enjoy free kids' activities and entertainment from local bands at this free, family-friendly event. Get ready to dance and twist the summer away with a performance from the legendary artist Chubby Checker!

**Twinkle Light Parade**  
Saturday, December 2- 5:15 p.m.  
The annual holiday parade lights up the night, dazzling children and adults alike with twinkling floats, marching bands, antique cars, and more!

### Historic Old Town



**Summertime in Old Town Music Series**  
Fridays & Saturdays from 7-9 p.m.,  
Sundays from 1-3 p.m.  
Enjoy free entertainment in the Old Town Plaza's Gazebo through September.

**Balloon Fiesta Week in Old Town**  
Celebrate the International Balloon Fiesta in Albuquerque's Historic Old Town Plaza with a week of free daytime concerts from different genres.

**Salsa Fiesta**  
Saturday, September 9- noon-6 p.m.  
Spice up your day at the Salsa Fiesta in Old Town where you get to choose who has the best salsa in

the city. Watch as competitors make fresh salsa on site and grab a free tasting pass to vote for the best one. Enjoy free kids' activities, shopping, food, and live entertainment.

**Art in the Afternoon**  
Every Saturday- 2 - 4 p.m.

Join The City of Albuquerque every Saturday from 2-4 p.m. at the Albuquerque Museum in Historic Old Town. At this ongoing event you can enjoy music from local musicians, free admission and parking to the Museum. Slate at the Museum will be offering great food and drink specials.

## KiMo Theatre

A milestone is among us as the historic KiMo Theatre celebrates its 90th anniversary in September. From Vivian Vance to Bryan Cranston, from The Nutcracker to Finding Nemo, the KiMo's stage and screen have hosted an array of cultural events since opening its doors in 1927. The KiMo is celebrating its 90th Anniversary Season of Celebration with a variety of signature events.

**The Age of Innocence (1993)**  
Sunday, Aug. 27 - 2 p.m.  
Martin Scorsese's film based on Edith Wharton's 1920 Pulitzer Prize-winning novel was nominated for four Academy Awards.

**Buster Keaton's The General with score by the Alloy Orchestra**  
Saturday, Sept. 16 - 7 p.m.  
The Alloy Orchestra returns to the KiMo to perform its original score to this silent comic classic.

**Gone With the Wind (1939)**  
Sunday, Sept. 17 - 1:30 p.m.  
Adapted from Margaret Mitchell's best-selling, Pulitzer Prize winning novel, Gone With the Wind won eight Academy Awards and is one of the highest regarded films in cinema history.

**BookWorks Presents Kevin Fedarko & the Grand Canyon Trust**  
Thursday, Sept. 21 - 7 p.m.  
Emerald Mile author Kevin Fedarko presents his work on the Grand Canyon with the Grand Canyon Trust. The event is free and open to the public, but RSVP is required.

## Southern Slam Dance Group

**Saturday, Sept. 23 – 2 p.m.**

A showcase of Pueblo Indian drumming, dancing and singing by the renowned Southern Slam Dance Group from the Zia Pueblo. This family-friendly performance is being designed to reflect features of the KiMo's original opening ceremonies.

## The Hours (2003)

**Sunday, Oct. 15 – 2 p.m.**

Based on Michael Cunningham's 1998 Pulitzer Prize-winning novel, Stephen Daldry's film was nominated for nine Academy Awards.

## The Road (2009)

**Sunday, Nov. 19 – 2 p.m.**

John Hillcoat's film based on Cormac McCarthy's 2006 Pulitzer Prize-winning novel was nominated for a number of awards.

## 2017 Halloween Horror Film Festival: A Tribute to Boris Karloff

**Frankenstein (1931) • Fri., Oct. 27 – 6 & 8:30 p.m.**  
**The Mummy (1932) • Sat., Oct. 28 – 2 & 6 p.m.**  
**The Bride of Frankenstein (1934)**  
**• Sunday, Oct. 29 – 2 p.m.**

## 2017 Holiday Family Film Festival: Harry Potter series

All eight Harry Potter films will be screened in order of release on Wednesday, December 27 through Saturday, December 30. Two films daily. Check ABQtodo.com for complete schedule.

## Balloon Museum

Since it opened in 2005, the Anderson Abruzzo Albuquerque International Balloon Museum has welcomed one million visitors from Albuquerque and many other communities in New Mexico, as well as from across the country and around the world. Through its extensive collection of artifacts, interactive special exhibitions, and engaging educational programs, the Balloon Museum is a gateway to science, exploration, and discovery. Located at 9201 Balloon Museum Drive NE, the Balloon Museum is open Tuesday through Sunday from 9 a.m. to 5 p.m. year-round. During Balloon Fiesta, the museum is open daily, 6:00 a.m. to 6:00 p.m. For more information, please call 505-768-6020 or visit [www.cabq.gov/balloon](http://www.cabq.gov/balloon).



## The Tim Anderson 4-D Theater

The theater, made possible by a generous gift from the namesake Anderson family, is ideal for fans of experiential film-viewing, who will experience visual, aural, and physical sensations while watching science, ballooning and other flight-related short films.



## Arctic Air: The Bold Flight of S.A. Andree

This special exhibition tells the compelling story of an unprecedented and dramatic 1897 balloon expedition to the North Pole. Designed to immerse visitors in the expedition, the exhibition features rooms that evoke the different aspects of the experience: a 19th-century parlor, the arctic "balloon house" where the launch took place, and the remote polar environment, polar bear included.



## The Weather Lab Opens August 2017

The Weather Lab is an immersive and interactive meteorology exhibition. It presents weather beginning with the sun, and then moves through wind, clouds, storms, and more, including the Albuquerque

'Box.' Other topics include pressure systems, fire weather, weather forecasting, and more, all of which is presented through touchscreen media as well as artifacts, videos, and images.

## Albuquerque Museum

### EXHIBITS

#### Common Ground (Ongoing)

A bold installation of Albuquerque Museum's permanent art collection emphasizes real New Mexico, with cultures interacting and influencing each other beyond traditional boundaries.

#### Only in Albuquerque (Ongoing)

Spirited. Courageous. Resourceful. Innovative. Experience the history of our city through an ingenious, interactive gallery.

#### Hollywood Southwest: New Mexico in Film & Television Through August 27

From "Billy the Kid" to "Breaking Bad," movies and television have portrayed and marketed our state into the present day. Curated by Dr. Paul A. Hutton, professor of history at the University of New Mexico, "Hollywood Southwest: New Mexico in Film and Television" features three elements of New Mexico's film history: the state as a location, the state as a subject, and the state's people as subjects.

#### The Leekya Family: Master Carvers of Zuni Pueblo Through September 24

Marketed by regional traders including C.G. Wallace of the DeAnza Motor Lodge and the C.G. Wallace Trading Post, Zuni carver Leekya Deyuse emerged in the early 1900s as the preeminent maker of stone figural sculptures, fetishes, mosaic work and figural jewelry in the 20th century.

#### Chasing the Cure to Albuquerque: Tuberculosis and Social Change Through October 29

This community history exhibition shows the significant historical impact of tuberculosis (TB) and how New Albuquerque expanded socially, politically, and economically as a result of TB in the late 19th and early 20th century.



## Spirit of Creation Through November 5

A new exhibition of works on paper from Albuquerque Museum's permanent collection features diverse artists who draw strength and inspiration from their indigenous heritage.

## Casa San Ysidro Harvest Festival in Corrales

**September 30 & October 1**

Enjoy music, family performances, animals and a traditional arts mercado. Investigate the rooms of this historic home to learn more about how people lived in the past. An annual event in partnership with the village of Corrales.

## When Modern Was Contemporary: Selections from the Roy R. Neuberger Collection September 30 – December 31

Recognizing the significance of the art of his own time, financier Roy R. Neuberger acquired work by a remarkable selection of modern masters, including Alexander Calder, Stuart Davis, Willem de Kooning, Marsden Hartley, Jacob Lawrence, Georgia O'Keeffe, and Jackson Pollock. When Modern Was Contemporary illuminates the artistic transformations that took place in the U.S. during the first half of the twentieth century.

## ArtsThrive: Art Exhibition and Benefit October 20 – December 3

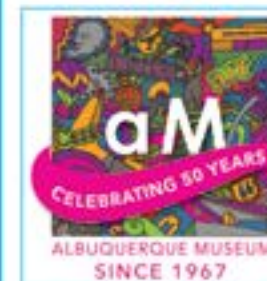
Now in its 27th year, this exhibition and sale (formerly known as Miniatures & More) is Albuquerque Museum Foundation's largest annual fundraiser, exhibiting work by more than 100 artists. Purchase art in the Museum gallery and support regional artists and Albuquerque Museum.

## 25¢ Retro Admission Day

**September 7, 9 a.m. – 5 p.m.**

Flashback to 1967 when regular admission to Albuquerque Museum was just 25¢.

We are commemorating the actual birthdate (9/7/1967) of Albuquerque Museum by offering a one-day admission fee of 25¢. All the art and history for just two bits!



## 50th Birthday Bash: 3rd Thursday at Albuquerque Museum September 21, 5 – 8:30 p.m. Albuquerque Museum turns 50 this month.

Come to our birthday party and celebrate with us! The Museum is celebrating its milestone 50th anniversary! Former poet laureate Jessica Helen Lopez performs her birthday poem to the Museum. Curators Andrew Connors and Deb Slaney present 50 collection faves in 50 minutes. Take tours of the collections vault, the Museum's sculpture garden and the adjoining Old Town historic district.

- Featuring live music in the amphitheater with Chris Dracup & Funk of the West
- Visit the exhibition "The Leekya Family: Master Carvers of Zuni Pueblo"

## The Public Library ABQ - BernCo

Are you tired of having to ask your grandchildren how to work your electronic devices? Do you want to learn how to borrow eBooks, eAudiobooks, and digital magazines from the library? The Public Library ABQ-BERNCO offers patrons hands-on experience with devices and in-person assistance with library downloads. Bring your devices and your questions!

Gizmo Garage sessions are scattered throughout our 18 branches. Call your library for details.

**Alamosa Library 836-0684**  
6900 Gonzales Rd SW, 87121

**Central & Unser Library 768-4320**  
8081 Central Ave NW, 87121

**Cherry Hills Library 857-8321**  
6901 Barstow NE, 87111

**East Mountain Library 281-8508**  
487 NM 333, Tijeras, NM, 87059

**Erna Fergusson 888-8100**  
3700 San Mateo NE, 87110

**Ernie Pyle Library 256-2065**  
900 Girard SE, 87106

**Juan Tabo Library 291-6260**  
3407 Juan Tabo NE, 87111

**Lomas Tramway Library 291-6295**  
908 Eastridge NE, 87123

**Los Griegos Library 761-4020**  
1000 Griegos Rd NW, 87107



**Main Library 768-5141**  
501 Copper Ave NW, 87102

**North Valley Library 897-8823**  
7704 2nd St NW, 87107

**San Pedro Library 256-2067**  
5600 Trumbull SE, 87108

**South Broadway Library 764-1742**  
1025 Broadway SE, 87102

**South Valley Library 877-5170**  
3904 Isleta SW, 87105

**Taylor Ranch Library 897-8816**  
5700 Bogart NW, 87120

**Tony Hillerman Library 291-6264**  
8205 Apache NE, 87110

**Westgate Library 833-6984**  
1300 Delgado SW, 87121

**Prior Sign-up is required to attend presentations. Call appropriate center to register.**



### Health Awareness and Prevention

#### Project Heart Start

The goal of Project Heart Start is to teach the public compression only CPR and what to do in an emergency.

#### Highland

Date / Time: TBA  
North Domingo Baca  
Date / Time: TBA

#### Healthy Eating to Control Cholesterol

Learn how different foods can affect your cholesterol levels. Which ones should you limit or avoid?

#### Bear Canyon

Wednesday, July 12  
10:00 - 11:00 am  
Presenter: Humana

#### Acupressure - Concepts and uses

A brief description of the Sinew meridians and how they can reduce pain stemming from muscle, bone or nerve issues. Sinus blockages and headaches are also eased with gentle finger pressure. If there is interest, we will practice some simple self-treatments.

#### Manzano Mesa

Tuesday, July 25  
9:30 - 11:00 am  
**Los Volcanes**  
Friday, August 4  
10:00 - 11:00 am



#### Palo Duro

Thursday, September 7  
10:00 - 11:00 am  
**North Valley**  
Friday, September 22  
10:00 - 11:00 am  
Presenter: Linda Leatherman

#### Hearing Loss - Causes and Effects

Did you know that there are more than 48 million people in the US with some form of hearing loss? That is 1 in 5 people and that rises to 1 in 3 over the age of 65. In addition, many prevalent health conditions in seniors and boomers have a very strong link with hearing loss. Some examples: diabetes, cancer treatments, dementia, cerebral and cardiovascular disorders along with a high risk of falling. Join us for our presentation to learn more.



#### Barelas

Tuesday, August 29  
10:00 - 11:00 am  
Presenter: Connect Hearing  
**Highland**  
Wednesday, September 27  
9:00 - 11:00 am  
Presenter: Michael MacDonald

#### Re-connect to the World and Rediscover Hearing

Choosing the right aids is the beginning of the journey to hearing well again. We will discuss hearing aid technology and the importance of maximizing your new hearing aids. There is a lot to learn about how to use, maintain and care for your hearing aids.

#### Highland

Wednesday, December 13  
9:00 - 11:00 am  
Presenter: Dr. Dorothy McCurley, AuD

#### How to Stay Out of the Doctor's Office

The Standard American Diet (SAD) has guaranteed that every human who was raised in the USA is literally loaded with toxins - in our blood, bones and

organs. These toxins are culprits that give us premature cardiac disease, strokes, cancer, diabetes, arthritis - you name it. Come and learn how to eliminate pain and add years to your life.

#### Highland

4th Wednesday  
10:00 - 11:30 am  
**Los Volcanes**  
2nd Wednesday  
10:00 - 11:00 am  
**North Valley**  
3rd Wednesday  
Beginning in November  
10:00 - 11:30 am  
Presenter: Dr. R. Barry King, PhD



#### American Bone Health

#### Bear Canyon

Wednesday, August 30  
10:00 am - 12:00 pm  
Presenter: Osteo Strong



#### Funny Aspects of Weight Loss

In this session, learn about recent diet research and how to spot useful diet and exercise ideas. JL Greger was nutrition professor at the University of Wisconsin-Madison and couldn't resist putting many of these ideas in her mystery novel, Murder...A Way to Lose Weight.

#### Bear Canyon

Wednesday, September 6  
10:00 am - 11:00 am  
Presenter: Janet Greger

#### Osteogenic Loading for Fracture Prevention

#### Bear Canyon

Wednesday, October 4  
10:00 - 12:00 pm  
Presenter: Osteo Strong

#### Low Vision-Non Surgical Options

When you can no longer see well enough to do what you want to do.

#### Bear Canyon

Wednesday, October 11  
10:00 - 11:00 pm  
Presenter: Dr. Dulce Walker, O.D. Optometrist



#### Backyard Birds

This presentation will be full of fun and visual information about being able to identify the many kinds of birds and even how to attract them to your very own backyard. Attendees will also be given samples of birdseed-perfect for bird-watching!



#### Palo Duro

Thursday, October 26  
10:00 - 11:00 am  
Presenter: Claude Vallieres, Of Wild Birds Unlimited, Long-time birder

#### Putting the FUN back into functional

Finding ways to maintain your ability to do what matters to you! We will discuss how some tips for adapting to or preventing functional decline for seniors. This presentation will be both fun and informative. Please sign up at the front desk.

#### Bear Canyon

Wednesday, November 8  
10:00 - 11:00 am  
Instructor: Cindy with Home Instead Senior Care

#### Senior Issues

#### San Francisco- How did it all start?

The San Francisco music scene did not begin in San Francisco but in a renovated ghost town, Virginia City, Nevada. In 1956, a saloon opened by Mark Unobisky, was complete with a Miss Kitty, red flocked wallpaper, velvet drapes and gas lit chandeliers- known as the Red Dog Saloon. This saloon was advertised with the first rock poster and put on the first psychedelic light show- Rock and Roll meets Old West!

#### Palo Duro

Thursday, July 13  
10:00 am - 12:00 pm  
Presenter: Bill Brach



#### Stay a Step Ahead of the Scammers Fraud Protection & Safety

We've probably all taken at least one call from a fake IRS agent or a bogus Microsoft technician wanting to fix our computer --

even if we don't have one. Learn about the most common scams circulating through New Mexico and how to protect yourself from becoming a victim.

#### Highland

Wednesday, November 8  
9:00 - 11:00 am  
Presenter: Tania Martinez, Bank of Albuquerque  
**Palo Duro**  
Thursday, July 20  
10:00 - 11:00 am  
Presenter: Ellen Marks, Assistant Business Editor, Albuquerque Journal



#### How to Increase the Value of your Home

Is your home older with out-of-date features? Downsizing? Or just moving? Come to this free presentation and learn some easy and very low-cost ways to boost the value of your home. Beat out competition and sell your house for a much better price than if you sell it as is.

#### North Valley

Thursday, October 12, 10:00-11:00 am  
Presenter: Judith Shaw

#### Long Term Care vs Medicare

Discussion on Long-Term Care and Medicare, how they are different, and what steps to take in preparation for these two important topics as we get older.

#### Palo Duro

Wednesday, July 26  
10:00 - 11:00 am  
Presenter: Monte Perez, licensed and certified agent

#### Guardianship and Conservatorship

We'll be covering what these proceedings are, when they become an issue, why they can be so costly for seniors and their families, and how to avoid these proceedings through the execution of powers of attorney (for health and finances).

#### Bear Canyon

Wednesday, August 2  
10:00 - 11:00 am  
Presenter: Senior Law Office

#### Reverse Mortgage

Attend an informal discussion about Reverse Mortgages.



It can be highly beneficial for those who wish to utilize their largest asset, their home equity. Recent government changes and protections advanced the program to further benefit senior homeowners and their families. Leading Economists agree that the program will be a major resource of funds for aging Americans as the current Social Programs fail to keep up with rising healthcare costs and inflation. Your financial health and quality of life may take a huge leap forward.

#### Barelas

Tuesday, July 25  
Tuesday, October 24  
10:00 - 11:00 am  
**Bear Canyon**  
Wednesday, August 16  
10:00 - 11:00 am  
**North Valley**  
Wednesday, October 11  
10:00 - 11:00 am  
**North Valley**  
Wednesday, December 6  
10:00 - 11:00 am  
Presenter: Amanda Snow

#### Protect Your Loved ones from Probate

Accidents, illness and death often strike suddenly and unexpectedly, leaving loved ones overwhelmed and in debt. With advanced planning, you can protect yourself and your loved ones from such devastation and unnecessary expenses that are often incurred. Learn how you can preserve your estate and avoid the delays, expense and stress of probate.

#### North Valley

Thursday, November 16  
Thursday, October 5  
10:00 - 11:00 am  
Presenter: Ellen Baca



Continued on Page 42

## Senior Issues, con't.

### Tax Free Investing

Do you want more control over the taxes you pay? You'll learn about tax-advantaged investments and their features, three different ways to purchase municipal bonds, and how tax-free investing can help you achieve your goals. Join us as Edward Jones Investments tells us all of the things we need to know!



**Palo Duro**  
Thursday, August 3  
10:00 – 11:00 am  
Presenter: Matthew Ports, Financial Advisor

### Financial Talk

Join us as we go over all things financial. We will discuss tax strategies for qualified accounts, how 5 legal documents may help to preserve your estate and the techniques to help lower or eliminate current income taxes, including the discussion of the taxes that your heirs may have to pay.

**Palo Duro**  
Wednesday, September 13  
10:00 – 11:00 am  
Presenter: Chris Davis

### Power of Attorney Clinic

Senior Citizen Law Office will assist seniors in executing power of attorney forms for healthcare and finances, as well as cremation authorization forms. Please bring identification, as well as the names and contact information of people you wish to appoint as your agents.

**Bear Canyon**  
Wednesday, September 20  
10:00 – 11:00 am

### Trouble Renewing Driver's Licenses or State ID Cards

This is an informational presentation on this topic, discussing what the new requirements are and what steps seniors

can take to get the appropriate paperwork in order. We are happy to meet with you afterward to briefly discuss what your next steps should be.  
Presenter: Senior Citizens' Law Office

**Highland**  
Wednesday,  
October 18  
9:00 – 11:00 am  
**North Valley**  
Thursday,  
October 26  
10:00 – 11:00 am

**Palo Duro**  
Wednesday, August 16  
9:00 – 11:00 am



### Senior Connections?

Have you ever become frustrated trying to find quality senior services on the internet? Senior.One is an easy-to-use website that helps senior citizens and their caregivers find the resources they need in one place. Senior.One will be giving a presentation on their one of a kind platform and how it has become a great resource for consumers looking for all types of senior services.

**Palo Duro**  
Thursday, September 14  
10:00 – 11:00 am  
Presenter: Evan Thompson, Senior.One

### Incognito, The Problem Gambler Among Us

Problem gamblers are suffering silently, and usually don't let others know their secret. This presentation addresses what problem gambling looks like, who are the gamblers among us, and some suggested solutions.



**North Valley**  
Thursday, November 2  
10:00 – 11:00 am  
Presenter: Cindy Anderson, MSW, LISW  
**Palo Duro**  
Thursday, November 30  
10:00 – 11:00 am  
Presenter: PeopleWorks-NM

## Special Interest

### All Natural Goat's Milk

Join us for this fun and informative presentation as we learn all about the uses for all natural goats' milk products! Sue discusses how to make the lotions, soaps, shampoo and everything else that is beneficial for our skin, head-to-toe. Goat's milk is immediately absorbed into the skin and good for all skin types, join us as we try out some samples!

**Palo Duro**  
Thursday, August 17  
10:00 – 11:00 am  
Presenter: Sue Cortese

### Chinese American Speaker Series

The CACAABQ Speaker Series is a monthly event held on the third Saturday of the month. A 30 minute talk followed by questions and answers.

**North Domingo Baca**  
3rd Saturday  
10:00 am – 12:00 pm

### NM UFO & Paranormal Forum

Series is a monthly event on the third Saturday of the month. Hour and half talk followed by a 30 minute question and answers. Starting in September

**N. Domingo Baca**  
3rd Saturday

### Plotting a Mystery is Fun

Consider these sentences: "The king died. The queen died." Then modify them slightly to: "The king died. The queen died after a celebration." Now you have a plot, probably of a mystery. You're ready to explore how I build the plots in my thrillers and my short stories. You may decide you want to write a mystery. At the least, you may become a better storyteller.

**Bear Canyon**  
Wednesday, August 9  
10:00 – 11:00 am  
Presenter: Janet Greger



### What Happens to the Cat?

Do you worry about what will happen to your pet cat if something happens to you? Or do you deny yourself the pleasure of having a cat because of this worry? Come hear how Cottonwood Cat Sanctuary is planning to solve this problem for seniors.

**Palo Duro**  
Thursday, August 10  
10:00 – 11:00 am  
Presenter: Bev Holliday

### Animal Fostering

The Albuquerque Animal Welfare Department wants to recruit YOU to help care for shelter animals while they find their forever home. Join us for this informative presentation and find out how you can become part of this successful foster program!

**Palo Duro**  
Thursday, October 5  
10:00 – 11:00 am  
Presenter: Bet Lotosky

### Gliding and Soaring in New Mexico

Central New Mexico has some of the best soaring weather in the world. It draws in visiting pilots from across the country and around the globe. Come learn about this exciting sport and how you can be part of it. A sailplane may be available for viewing, weather permitting.

**Palo Duro**  
Wednesday, September 20  
10:00 – 11:30 am  
Presenter: Albuquerque Soaring Club

### Cactus Jelly Making

Join members of the El Camino Real Garden Club for a "free" demonstration and tasting at our annual Cactus Jelly making

class. El Camino Garden Keeper Patrick Turrieta will demonstrate how to make this tasty and delicious New Mexico traditional treat. Also, try Patrick's Cactus Cooler refreshing beverage! Class limited to 15 participants.

**Barelas**  
Thursday, December 7  
1:30 – 3:00 pm  
Presenter: Patrick Turrieta

### Home Composting Basics

Learn the science, art, materials, methods, benefits and choices for home composting.

**Bear Canyon**  
Wednesday, July 19  
10:00 am – 12:00 pm  
Presenter: Bernalillo County Extension

### Raised Bed Gardening

Raised Bed Gardening offers many excellent management options for high desert gardening. They are relatively inexpensive; contain soil, mulches and irrigation devices as well. The presentation will include a discussion about materials, design, location planning and soil, watering and shading options for the high desert.



**Bear Canyon**  
Wednesday, August 23  
10:00 am – 12:00 pm  
Presenter: Bernalillo County Extension

### Composting in Tumbling Bins

Class will cover basic composting science in the high desert with a specific focus and unique recommendations / tips for success using tumbling composting bins.

**Bear Canyon**  
Wednesday  
September 27  
10:00 am – 12:00 pm  
Presenter:  
Bernalillo County  
Extension



### Composting w/Worms

This class will cover the science, materials, methods and benefits of home composting with worms.



**Bear Canyon**  
Wednesday, October 18  
10:00 am – 12:00 pm  
Presenter: Bernalillo County Extension

### Improving Desert Soil

Learn how to work with your desert garden soil to improve structure and fertility.

**Bear Canyon**  
Wednesday, November 15  
10:00 am – 12:00 pm  
Presenter: Bernalillo County Extension

### Bucket Composting

This class will cover the science, materials, methods and benefits of composting in a bucket with the Bokashi method.



**Bear Canyon**  
Wednesday, December 13  
10:00 am – 12:00 pm  
Presenter: Bernalillo County Extension

### Special Interest History & Genealogy

Bernardo de Galvez; Contribution to the American Revolution  
Bernardo de Galvez was a Spanish military leader who aided the American colonies and their quest for Independence. He helped to lead Spanish forces against Britain during the Revolutionary War, ultimately helping the United States of America win her independence!



**Palo Duro**  
Thursday, July 6  
11:00 am – 12:00 pm  
Presenter: Mr. Garcia

**Still Me After All These Years: Presentation, and Song & Dance Show**

*"STILL ME...AFTER ALL THESE YEARS"* a book on Aging. A collection of personal reflections guaranteed to keep you inspired and entertained on that journey we all travel together: THE JOURNEY OF AGING. We will also have a special Song & Dance Show performance by The Sugartime Singers. Please sign up to attend at the front desk.

**Highland**  
Wednesday, August 16  
9:00 – 11:00 am  
Instructor: Karen Walker

**Baca Historical Project**

Help us to construct a complete genealogy of the descendants of Cristóbal Baca and his wife Ana Maria Pacheco Ortiz, two of New Mexico's earliest settlers. Our goal is to find living descendants to connect and celebrate our heritage through community and to create an extended family album. Learn to trace your roots at our class and workshop. Presenter: Nora Chavez

**Barelas**  
Tuesday, October 17  
10:00 – 11:00 am  
**North Valley**  
Tuesday, October 17  
2:00 – 3:00 pm

**Explorers Christopher Columbus and Amerigo Vespucci**

Whether Christopher Columbus is viewed as a hero or a villain, he certainly has achieved over the centuries almost mythical status. This presentation will disclose the real lives and exploits of both of these two European adventurers and how America acquired its current name.

**Bear Canyon**  
Wednesday, December 6  
10:00 – 11:00 am  
Presenter: Carol Venturini

**Rasputin and Anastasia**

To outside observers, the Russian Czar and Czarina, Nicholas II and his wife Alexandra and their 5 children lived luxurious and pampered lives. But inside the palace, all was not well. Grigori Rasputin had crept into their lives. We will also reveal the final days of the Romanovs and explore the mystery regarding one of their daughters, Grand Duchess Anastasia.

**Palo Duro**  
Wednesday, September 6  
10:00 – 11:00 am  
Presenter: Carol Venturini

**Special Services****Energy Wise**

Learn ways you can conserve electricity in your home. Identify where energy is being wasted? Find out what residential programs, discounts, and home energy advice is available to you at this presentation from PNM. Low income customer information will also be available.

**Barelas**  
Tuesday, July 11  
10:00 – 11:00 am  
Presenter: Shannon Jackson – PNM

**"What's and Why's" of Funeral Planning**

This will not be a FRENCH Funerals Cremation sales presentation. We provide the answers you need to make the best choice for you and your family. Presenter: Karla Barela

**Highland**  
Wednesday, August 9  
9:00 – 11:00 am  
**North Valley**  
Thursday, October 26  
10:00- 11:00 am  
**Barelas**  
Tuesday, September 26  
10:00 – 11:00 am

**Palo Duro**  
Thursday, October 19  
10:00 – 11:00 am  
**Bear Canyon**  
Wednesday, October 25  
10:00 – 11:00 am

**Understanding Hoarding**

This presentation was developed to explain both clinical and emotional reasons that people may hoard and counsel those who are concerned for them. While it is somewhat of a sobering topic, it is done with some humor and light-heartedness.

**North Valley**  
Thursday, October 19  
10:00 – 11:00 am  
Presenter: Haven Behavior Health

**A New Study for Prostate Cancer Survivors and Fighters**

Cancer survival rates have been increasing over the past several decades, due to earlier detection of the disease and more effective cancer treatment. Please sign up to attend at the front desk.

**Highland**  
Wednesday, July 19  
9:00 – 11:00 am  
Instructor: Gina Cardinali, UNM Comprehensive Cancer Center

**Prostate Cancer Support Association of NM**

Prostate Cancer is the second most common cancer among men and you probably know someone who has it or have it yourself. Do you want to know more about it and how it is diagnosed and treated? Join us.

**Palo Duro**  
Thursday, November 16  
10:00 – 11:00 am  
Presenter: Prostate Cancer Support Association of NM

**Depression and the Holidays**

Depression during the holidays is common in the elderly. Learn how to recognize and get help. Depression if left undiagnosed and untreated can lead to loss of independence; aggravate symptoms of other illnesses, lead to premature death and or result in suicide.

**North Valley**  
Thursday, November 30  
10:00 – 11:00 am  
Presenter: Haven Behavior Health

**Arts & Crafts Classes****Arts & Crafts**

**Whispering Pines**  
Wednesday, 11:30 am – 2:00 pm

**Beading**

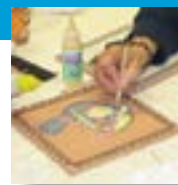
**Tijeras**  
Thursday, 10:00 am – 12:00 pm

**Ceramics**

**Armijo**  
Monday – Friday, 9:00 – 11:30 am  
**Paradise Hills**  
Tuesday, Thursday, 9:00 am – 12:00 pm

**Ceramic Painting**

**Whispering Pines**  
Wednesday, 9:30 am

**Embroidery, Computerized**

**Tijeras**  
Thursday, 10:00 am – 3:00 pm  
**Whispering Pines**  
Monday, Wednesday, Friday 10:00 – 11:30 am, 1:00 – 3:00 pm

**Knitting, Crochet and Needle Work**

**Taylor Ranch**  
Wednesday, 1:00 – 3:30 pm  
**Tijeras**  
Thursday, 1:00 – 4:00 pm

**Quilting**

**Paradise Hills**  
Tuesday, 10:00 am – 3:00 pm  
**Taylor Ranch**  
Friday, 9:00 – 11:00 am

**Quilting, Long Arm**

**Whispering Pines**  
Friday, 9:00 am – 3:00 pm

**Sewing**

**Whispering Pines**  
Monday, Wednesday, Friday

**Cards and Games****Bingo**

**Alameda/Raymond G. Sanchez**  
Monday – Friday, 10:00 – 11:30 am  
**Armijo**  
Monday – Friday, 10:00 – 11:30 am  
**Paradise Hills**  
Tuesday, Thursday, 10:00 – 11:00 am  
**Rio Bravo**  
Monday, Tuesday, Thursday, 9:30 am - 11:00 am, 12:30 – 2:00 pm  
**Tijeras**  
Friday (except 3rd Friday), 12:00 pm

**Billiards**

**Paradise Hills**  
Monday - Friday, 9:30 – 11:30 am  
**Rio Bravo**  
Wednesday, Friday, 9:00 – 11:30 am  
**Tijeras**  
Monday-Friday, 8:30 am – 3:00 pm  
**Whispering Pines**  
Monday, Wednesday, Friday 9:00 – 11:30 am, 1:00 – 2:00 pm

**Board Games/Cards**

**Alameda/Raymond G. Sanchez**  
Monday – Friday, 8:30 – 10:00 am  
**Rio Bravo**  
Friday, 12:30 pm

**Bridge, Duplicate**

**Taylor Ranch**  
Monday – Friday, 12:30 – 4:30 pm

**Bridge, Party**

**Taylor Ranch**  
Tuesday, 12:30 – 4:30 pm

**Dominos**

**Paradise Hills**  
Monday – Friday, 9:30 – 11:30 am

**Mah Jongg**

**Tijeras**  
Tuesday, 11:30 am

**Pinochle**

**Paradise Hills**  
Wednesday, 9:00 am – 12:00 pm

**Ping Pong**

**Tijeras**  
Friday, 10:00 am

**Wii**

**Armijo**  
Wednesday or upon request

**Computers****Computer Lab**

**Tijeras**  
Monday - Friday, 8:30 am – 4:00 pm

**Friendship Coffee****Coffee Socials**

**Armijo**  
Monday – Friday  
9:00 – 10:00 am  
**Paradise Hills**  
Monday – Friday  
9:00 – 11:30 am  
**Rio Bravo**  
Monday - Friday  
9:00 – 11:30 am  
**Tijeras**  
Monday - Friday, 8:30 am – 1:00 pm  
**Whispering Pines**  
Monday, Wednesday, Friday, 9:30 – 10:30 am

**Health and Wellness****Nutrition Education**

**Whispering Pines**  
Monday, 10:00 – 11:00 am

**TOPS Weight Loss Group**

**Tijeras**  
Tuesday, 10:00 am

**Language****Beginning Spanish**

**Tijeras**  
Wednesday, 10:30 am – 3:00 pm

## Miscellaneous

### Bible Study

#### Paradise Hills

Wednesday, 12:00 – 1:00 pm

#### Tijeras

Wednesday, 12:00 pm

### Cake Decorating

#### Tijeras

Monday, 10:30 am

### Current Events

#### Whispering Pines

Monday, 9:30 am

### Flea Market

#### Armijo

Friday, 9:00 am – 1:00 pm

#### Rio Bravo

1st Friday, 9:00 am – 2:00 pm

### Genealogy Class

#### Tijeras

Wednesday, 10:00 am

### Puzzles

#### Whispering Pines

Monday, Wednesday,

Friday

9:00 – 11:30 am,

12:30 – 3:00 pm

### Movies

#### Armijo

Thursday, Friday

9:30 – 11:30 am

#### Rio Bravo

Wednesday, 12:30 pm

## Music

### Acoustic Jam

#### Tijeras

Tuesday, 12:30 pm

### Guitar Class

#### Armijo

Monday, Wednesday, 12:00 – 1:30 pm

### Guitar Class

#### Armijo

Monday, Wednesday, 12:00 – 1:30 pm



## Guitar, Classic

#### Tijeras

Monday, 10:30 am

## Guitar, Intermediate

#### Tijeras

Tuesday, 10:30 am

## Guitar, Slack Key

#### Tijeras

Monday, 9:30 am

## Guitar, Steel

#### Tijeras

Monday, 8:30 am

## Karaoke

#### Armijo

Thursday, 12:00 pm

## Uke Hour

#### Tijeras

Monday, 12:00 pm

## Sports & Fitness

### Dancing, Belly

#### Paradise Hills

Friday, 9:30 – 10:30 am

### Exercise, Chair

#### Paradise Hills

Monday, Wednesday, Friday, 10:30 – 11:00 am



### Fitness, Senior

#### Taylor Ranch

Monday, Friday, 9:00 – 10:00 am,

Wednesday, 8:30 – 9:30 am

### Fitness Trail Walking Group, Outdoor

#### Whispering Pines

Monday, Wednesday, Friday



## Horseshoes

### Whispering Pines

Monday, Wednesday, Friday, 1:00 – 2:00 pm

### Open Gym, Senior Men

#### Los Duranes

Monday, 9:30 am – 12:00 pm

### Pickleball

#### Los Duranes

Tuesday, 10:00 am – 12:00 pm



### Tai Chi Chih

#### Los Duranes

Monday, 10:00 – 11:00 am

### Yoga

#### Los Duranes

Thursday, 10:00 – 11:00 am

### Zumba Gold

#### Tijeras

Tuesday, 12:30 pm

\$2

## Events

### Birthday Celebration

#### Tijeras

3rd Friday, 12:00 pm

*There is a center close to you!*

Center memberships are only \$15 a year!

See  
page  
3

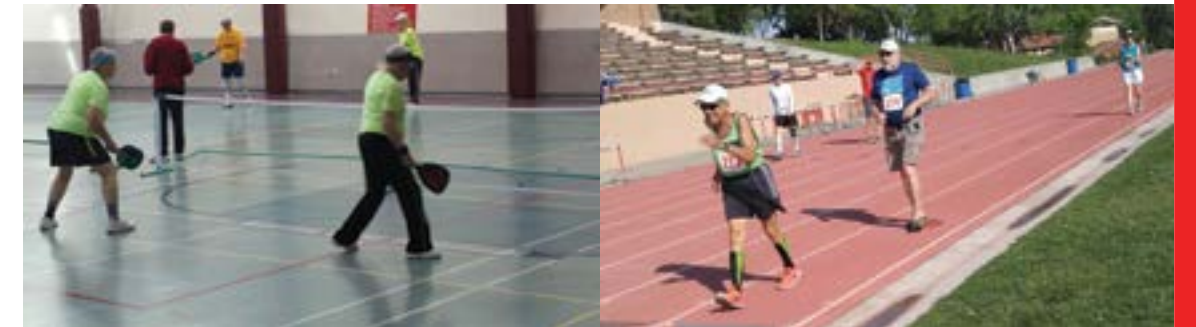


# COMING SOON

## SUMMER OF 2019



# NATIONAL SENIOR GAMES



For more information call 505-764-6400

# FITNESS FACILITIES



**Barelas Fitness Room**  
714 7th St. SW, Alb., NM 87102  
Phone: 505-764-6436  
Fax: 505-764-6472  
**Mon. - Fri.** 8:00 am - 5:00 pm

**Highland Fitness Room**  
131 Monroe NE, Alb., NM 87108  
Phone: 505-767-5210  
Fax: 505-767-5224  
**Mon. - Fri.** 8:00 am - 5:00 pm  
**Wednesday** 8:00 am - 7:00 pm  
**Saturday** 10:00 am - 4:00 pm

**Joe O. Armijo Los Volcanes 50+ Sports & Fitness Center**  
6500 Los Volcanes NW, Alb., NM 87121  
Phone: 505-767-5990  
Fax: 505-767-5994  
**Mon. - Fri.** 7:00 am - 7:00 pm  
**Saturday** 8:00 am - 2:00 pm

**Manzano Mesa Multigenerational Center Fitness Room**  
501 Elizabeth St. SE, Alb., NM 87123  
Phone: 505-275-8731  
Fax: 505-275-8734  
**Mon. - Fri.** 8:00 am - 9:00 pm  
**Saturday** 9:00 am - 3:00 pm

**North Domingo Baca Multigenerational Center - Fitness Room**  
7521 Carmel NE, Alb., NM 87113  
Phone: 505-764-6496  
Fax: 505-764-6497  
**Mon. - Fri.** 8:00 am - 9:00 pm  
**Saturday** 9:00 am - 3:00 pm

**North Valley Fitness Room**  
3825 4th St. NW, Alb., NM 87107  
Phone: 505-761-4025  
Fax: 505-761-4031  
**Mon. - Fri.** 8:00 am - 5:00 pm  
**Tuesday** 8:00 am - 7:00 pm  
**Sunday** 12:30 pm - 5:00 pm

**Palo Duro 50+ Sports & Fitness Center**  
3351 Monroe NE, Alb., NM 87110  
Phone: 505-880-2800  
Fax: 505-883-9362  
**Mon. - Fri.** 7:00 am - 7:00 pm  
**Saturday** 8:00 am - 2:00 pm



## Walking Program

Participants will learn the benefits of walking, safety tips and different types of walking techniques, how to use walking poles. The program will explore the City of Albuquerque and the Metro Area on foot. Register for individual trips and each trip will cost \$2.00 and include handouts, transportation and an experienced guide. Register at Palo Duro Sports and Fitness Center.

AGE OUT LOUD!

### Touring the 505 Tuesdays

These walks will be at a touring pace with frequent stops and water breaks.

**Session II:** August 29 - October 24, 2017  
(No Class October 10)

**Trip One** - Botanical Gardens  
**Trip Two** - Corrales  
**Trip Three** - Tijeras Ranger Station  
**Trip Four** - Huning's Highland Visitor Center  
**Trip Five** - Open Space  
**Trip Six** - Down Art Walk  
**Trip Seven** - Country Club  
**Trip Eight** - Nobhill

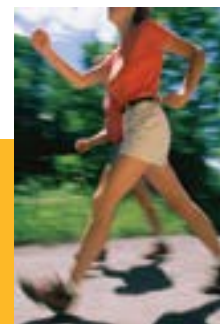


### Fitness Walking Thursdays

These walks are designed to build your fitness levels and will be at a brisk walking pace.

**Session II:** August 31 - October 26, 2017  
No Class October 12, 2017)

**Trip One** - North Domingo Baca Park  
**Trip Two** - USS Bullhead Park  
**Trip Three** - Open Space Visitor Center  
**Trip Four** - Tingley Beach  
**Trip Five** - Heritage Hills Park  
**Trip Six** - Roosevelt Park  
**Trip Seven** - Valle Del Bosque  
**Trip Eight** - Pueblo Montano



**Palo Duro 50+ Sports & Fitness Center**  
3351 Monroe NE

**Tuesday and Thursday:**  
Trip departure times vary from 7:00 - 8:45 am, depending on destination.

## Billiards



### Highland

Monday - Friday, 8:00 am - 4:45 pm  
Wednesday's, 8:00 am - 6:45 pm  
Saturday's, 10:00 am - 3:45 pm

### Badminton Practice and Play

Badminton is beneficial to your physical and mental wellbeing, while challenging your mind, reflexes and stamina.

### Manzano Mesa

Monday, 1:30 - 4:00 pm  
Tuesday, 6:00 - 8:50 pm  
Thursday, 7:00 - 8:50 pm  
Friday, 1:00 - 4:00 pm



### Drop-In Basketball

Open/Drop-In Basketball is offered daily (Mon-Fri) at the times listed below. Teams form as participants show up and sign in. Schedules are subject to change.

### Manzano Mesa

Monday, 11:50 am - 1:00 pm & 7:00 - 8:45pm  
Wednesday, 10:45 am - 12:30 pm  
Tuesday & Thursday 11:00 am - 1:00 pm  
Friday 11:00 am - 1:00 pm & 7:00 - 8:45pm

### Senior Men's Basketball

### Manzano Mesa

Monday, 11:00 am - 12:30 pm  
Wednesday, 10:45 am - 12:30 pm  
Tues., Thurs., Fri. 11:00 am - 1:00 pm



### 50+ Sports & Fitness Program Fitness Hiking

Hikes vary from easy/moderate A/B hikes to the more challenging C/D level hikes. We offer descriptions so that you can select to your ability. Bring your own lunch, snacks and drinks. 5¢ per mile, space is

limited, prepayment is required. Sign up at Palo Duro Sports and Fitness.



### Center Hiking & Treks

Enjoy these intermediate level hiking trips and less demanding treks year round. Schedules are available at front desk of host centers. 5¢/mile.

### Bear Canyon

Thursday, (every other)  
8:00 am - 4:00 pm  
Coordinator: Sandy McAvoy

### Highland

Tuesday, (every other)  
8:00 am - 4:00 pm

### Los Volcanes

Friday, (every other)  
8:00 am - 4:00 pm  
North Valley Thursday, (every other)  
8:00 am  
Coordinator: Bill Gloyd

### Palo Duro

Tuesday (every other)  
8:15 am - 4:00 pm  
Marilyn Warrant  
Saturday, 9:00 am - 3:00 pm  
Sue Palletier

### Pickleball

### Barelas

Monday, 1:30 - 3:30 pm  
Los Volcanes  
Monday, Tuesday, 9:30-11:15 am  
Monday, Tuesday, 1:30-3:30 pm  
Manzano Mesa  
Thursday, 2:00 - 4:00 pm  
Saturday, 9:00 - 11:00 am

### Pickleball: Training

### Manzano Mesa

Tuesday & Thursday, 9:15 - 11:00 am  
Saturday, 12:30 - 2:50 pm

## Silver Shufflers

Shuffleboard is one of the most popular non-cardiovascular sports around! It is learned quickly and uses techniques of 8 ball pool on a larger floor court. All equipment and instruction is provided.



### Manzano Mesa

Tuesday, 1:00 - 4:00 pm

### Table Tennis Practice and Play



### Barelas

Upon request

### Bear Canyon

Monday, 1:30 - 4:30 pm  
Thursday, 9:30 - 11:00 am  
Friday, 2:30 - 4:45 pm  
Saturday, 9:00 - 11:00 am  
Saturday, 1:00 - 2:45 pm

### Highland

Wednesday, 3:30 - 5:00 pm  
Friday, 11:00 am - 12:30 pm

### Manzano Mesa

Monday thru Friday, 8:00 am - 8:45 pm  
Saturday, 9:00 am - 2:45 pm

### Palo Duro

Saturday, 9:30 - 11:30 am  
(only until 10:30 on 1st Saturday)

### Volleyball Pick-up Games

### Manzano Mesa

Monday and Friday  
5:00 - 7:00 pm



AGE OUT LOUD!



Don't forget to stop at one of our gift shops!  
See page 7



Fitness/Exercise



Adapted Aquatics

Taught at the University of New Mexico Therapeutic Pool (92° water), participants are led through a series of range of motion exercises that will increase joint mobility and develop muscular strength.

*Pre-Registration is required.*

Class sessions are as follows:

**Session 1:**

Day: Monday, Wednesday, Friday  
Time: 9:00 am to 10:00 am  
Cost: \$12.00 each month – Suggested Contribution  
Number of classes: 3 classes per week  
Transportation: provided from all 6 Albuquerque senior centers for 50¢  
The multigenerational centers will not be transporting clients.  
Self-Drivers are also welcome, but must pre-register.

**Session 2:**

Day: Monday, Friday  
Time: 1:15 pm to 2:15 pm  
Cost: \$8.00 each month - Suggested Contribution  
Number of classes: 2 classes per week  
Transportation: provided from all 6 Albuquerque senior centers for 50¢ and Vista Grande Community Center.  
Self-Drivers are also welcome, but must pre-register.

**Session 3:**

Day: Tuesday, Thursday  
Time: 9:00 am to 10:00 am  
Cost: \$8.00 each month - Suggested Contribution  
Number of classes: 2 classes per week  
Transportation: will be provided from the Palo Duro 50+ Sports & Fitness Center for 50¢. Self-Drivers are also welcome, but must pre-register.

Aerobics

These low impact aerobics classes are for beginners to advanced exercisers, everyone works at their own pace. 50¢ suggested donation

**Joe O. Armijo, Los Volcanes 50+ Sports & Fitness Center**

Monday, Wednesday, Friday  
8:00 – 9:00 am  
Instructor: Charlene

**Highland**

Monday, Wednesday, Friday  
9:00 - 10:00 am  
Instructor: Jane

**Manzano Mesa**

Monday, Wednesday, Friday  
8:15 - 9:15 am

**North Domingo Baca**

Monday, Wednesday, Friday  
8:15 – 9:15 am

**Palo Duro**

Monday, Wednesday, Friday  
8:15 – 9:15 am

**Body Fat vs. Muscle**

The goal for optimal health is reducing body fat while increasing muscle. Visit us for a free assessment.

**Joe O. Armijo, Los Volcanes 50+ Sports & Fitness Center**

3rd Tuesday  
8:00 am - 6:00 pm

**North Domingo Baca Multi-generational Sports & Fitness Center**

4th Wednesday  
8:00 am - 6:00 pm

**Palo Duro Sports and Fitness**

1st Wednesday  
8:00 am - 6:00 pm



Body Works plus Abs

A full body workout includes warm up, core work and stretches. This class is done with the use of light weights or elastic bands, high repetitions, with low impact rhythmic movements and modifications. This class is designed to sculpt lean muscle.

**North Domingo Baca**

Wednesday,  
3:45-4:45 pm  
Instructor: Ericka  
50¢ suggested contribution

**Crosstrain**

Increase lean muscle mass while burning calories to strengthen and tone your body. This class will incorporate circuit style cardio exercises and exercises using body weight, stability balls and weights with an emphasis on core strength.

**North Domingo Baca**

Monday  
4:00 – 4:30 pm  
Instructor: Ericka  
50¢ suggested contribution

**Dance Aerobics**

Quick paced, high energy, core strengthening routines set to great music! No experience is necessary.

**Joe O. Armijo, Los Volcanes 50+ Sports & Fitness Center**

Tuesday, Thursday  
5:30 – 6:30 pm  
Instructor: Debra  
50¢ suggested contribution

*Learn how to manage your chronic disease. See page 17*



Hard Core Abs

This is an energetic core workout for all ages and fitness levels, with the use of multiple types of exercises and equipment. You will feel the burn in 30 minutes and see the results in no-time.

**North Domingo Baca**

Fridays  
4:00 – 4:30 pm  
Instructor: Ericka  
50¢ suggested contribution

**REFIT**

Combines several elements of fitness into one power-packed hour. While the focus is structured around CardioDance movements, toning and flexibility, strength training and stretching are also incorporated into the REFIT workout. The workout formula is easy to follow and will both challenge fitness enthusiasts and welcome beginners.

**Manzano Mesa**

Tuesday, 6:00 – 7:00 pm  
\$40.00 for 10 class punch card; \$7.00 drop in fee (1st class free)



**EnhanceFitness**

Improve balance, flexibility, bone density, coordination, endurance, alertness, strength and help with fall prevention, in this evidence-based senior fitness class. A base-line assessment will be conducted at the start and you will be pleased with the gains you have made at the 16-week assessment.

**Joe O. Armijo, Los Volcanes 50+ Sports & Fitness Center**

Monday, Wednesday, Friday  
1:00 – 2:00 pm  
Instructor: Dee  
50¢ suggested contribution

**North Valley**

Monday, Tuesday, Friday, 8:15 – 9:15 am  
Instructor: Terry Toby



**Flex & Tone**

Elongate and strengthen your muscles, increase flexibility, improve posture and develop a strong core. 50¢ suggested donation.

**Joe O. Armijo, Los Volcanes 50+ Sports & Fitness Center**

Monday, Wednesday, Friday  
8:00 – 9:00 am

Instructor: Charlene

**Highland**

Tuesday & Thursday, 8:15 - 9:15 am

Instructor: Jane

**Manzano Mesa**

Tuesday and Thursday, 8:15 – 9:15 am

**North Domingo Baca**

Tuesday, Thursday  
9:15 - 10:15 am

**Palo Duro**

Tuesday, Thursday  
8:00 – 9:00 am

**Fitball**

Target and challenge core muscles with stabilizing and balance exercises. Increase strength, sculpt, define and tone your body.

**Joe O. Armijo, Los Volcanes 50+ Sports & Fitness Center**

Monday, Wednesday, Friday  
10:30 – 11:30 am

Instructor: Mike

50¢ suggested contribution

**Manzano Mesa**

Friday, 4:45 – 6:00 pm  
\$2.50/class, Ann Owens

Gentle Exercise

Done mostly in a chair, using weights, balls and bands to focus on strength building with resistance. 50¢ suggested donation.

**Joe O. Armijo, Los Volcanes 50+ Sports & Fitness Center**

Monday, Wednesday, Friday  
9:15 – 10:15 am

Instructor: Charlene

**Barelas**

Tuesday, Friday  
10:00 – 11:00 am

Instructor: Jane

**Highland**

Monday, Wednesday & Friday

10:15 - 11:15 am

Instructor: Jane

**Manzano Mesa**

Monday, Wednesday Friday  
9:30 – 10:30 am

Instructor: Paulette

**North Domingo Baca**

Monday, Wednesday, Friday,  
9:30 - 10:30 am

**Palo Duro**

Monday, Wednesday, Friday  
9:30 – 10:30 am

**Get Moving Aerobics**

Join this group fitness cardio class, which incorporates high and low impact choices in an effective workout to burn more fat, use calories, and meet your fitness goals.

**Manzano Mesa**

Monday & Wednesday, 4:45 – 6:00 pm  
Instructor: Ann O.  
\$2.50 or \$20/month

**Nia Technique**

The Nia Technique draws inspiration from the dance arts, martial arts and healing arts for a cardiovascular, aerobic, fun and challenging workout.

**Highland**

Thursday, 11:15 am - 12:15 pm  
\$5 per class

**Palo Duro**

Wednesday, 3:15 – 4:15 pm  
\$5/class (first class is Free)  
Instructor: Michele Diel

## Pilates

Learn the value of core stabilization, muscle balance and proper alignment while integrating the concept of mindfulness, fluidity and grace.

### Joe O. Armijo, Los Volcanes 50+ Sports & Fitness Center

Tuesday, Thursday  
10:45 – 11:45 am

Instructor: Rita

\$4/class

### North Domingo Baca

Tuesday 3:30-4:30 pm

Instructor: Ericka

\$.50/donation

### North Valley

Thursdays

8:30 – 9:30 am

Instructor Richard Sertich

Suggested \$2 donation



## Pilates

Increase your core strength, balance and flexibility while having fun. Students of all levels can safely participate in these invigorating 50 minute classes. Special emphasis is placed on improving balance skills, strengthening abdominals and back for improved posture, and ease of movement for doing everyday tasks. All of the fundamental movements and Pilates exercise principles are incorporated into the mat classes. We will develop strength, focus on balance and improve our overall sense of well-being.

### Barelas

Tuesday, 8:30 – 9:30 am

Richard

\$2 suggested donation

KEEP ALBUQUERQUE  
BEAUTIFUL... RECYCLE



## Native New Mexican Dance

Receive instruction on New Mexican, Mexican and contemporary Latin dances. ATHLETIC SHOES must be worn to participate.

### Joe O. Armijo, Los Volcanes 50+ Sports & Fitness Center

Tuesday, 1:30 - 2:30 pm

Instructor: Frances

## New Mexican Folk Dance

### North Domingo Baca

Wednesday

2:00-3:00 pm

Instructor:

Frances Lujan

Free

## Salsarobics

Spice up your workout with this energetic, fun and sizzling workout; learn the fundamentals of Latin dance such as Salsa, Merengue, Bachata, Brazilian Samba and always sexy Cha Cha. Fitness shoes or Dance shoes required.

### Los Volcanes

Thursday

5:30 - 6:30 pm

Saturday,

9:30 – 10:30 am

## Belly Dance

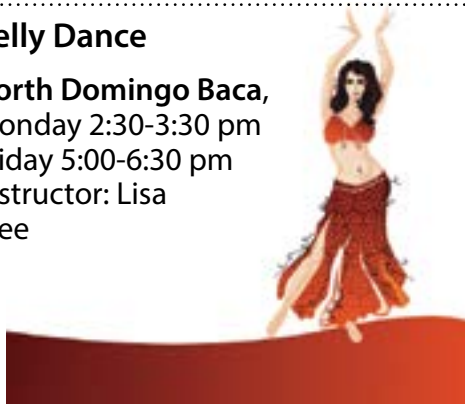
### North Domingo Baca,

Monday 2:30-3:30 pm

Friday 5:00-6:30 pm

Instructor: Lisa

Free



## Hula & Hawaiian Culture

Hula is Hawaii's beautiful, joyous cultural dance. An introduction hula class for beginners will focus on the basic hand, foot, and body movements that gracefully entwine to tell stories of Hawaii's history, places, people and traditions...all infused with the spirit of Aloha.

### North Domingo Baca

Tuesday 4:45-5:45 pm

Instructor: Cindi

\$5/class

## T.N.T Dynamite

Trim and Tone your body with this class designed to fit your own individual needs and abilities. You will work at your own pace towards improving strength, stamina, and muscle tone with a variety of exercise moves and equipment.

### Bear Canyon

Monday, Wednesday,

Friday, 9:30 – 10:30 am

Cost: \$1.50/class



## Zumba: Gold

This class is designed for the active older adult. It fuses Latin rhythms and easy-to-follow moves.

### Bear Canyon

Monday, Wednesday, Friday

8:15 – 9:15 am

Instructor: Julie

\$2/class

### Joe O. Armijo, Los Volcanes

50+ Sports & Fitness Center,

Tuesday, Thursday, 9:30 – 10:30 am

Instructor: Dee

\$2/class

### Manzano Mesa

Monday and Wednesday

10:45 – 11:45 am

Instructor: Dee W.

\$2



## Weight Training



## Equipment Orientations

Get more energy and increase muscle tone and bone density! Sleep and feel better! Attend a free orientation and learn the fundamentals of weight training, with the proper set-up and use of our exercise machines. Orientations are by appointment only.

### Joe O. Armijo, Los Volcanes 50+ Sports & Fitness Center

Appointments: 505.767.5990

### Manzano Mesa Multigenerational

Sports & Fitness Center

Appointment: 505.275.8731

### North Domingo Baca Multigenerational Sports & Fitness Center

Appointment: 505.764.6496

### North Valley 50+ Sports

& Fitness Center

Appointment: 505.880.2800

### Palo Duro 50+ Sports & Fitness Center

Appointment: 505.880.2800

## Fitness Facilities

Our fitness facilities are equipped with strength training and cardio equipment. A \$15 per year membership fee entitles you to full privileges. There is a contribution of 50¢ per visit. Free equipment orientations are available by appointment.



### Joe O. Armijo, Los Volcanes

50+ Sports & Fitness Center

505.767.5990, 6500 Los Volcanes, NW

### Palo Duro 50+ Sports & Fitness Center

505.880.2800, 3351 Monroe, NE

### Manzano Mesa Multigenerational

Sports & Fitness Center

505.275.8731, 501 Elizabeth, SE

(Must be 18 years of age and older)

### North Domingo Baca Multigenerational Sports & Fitness Center

505.764.6496, 7521 Carmel, NE

(Must be 18 years of age and older)

### North Valley 50+

Sports & Fitness Center

505.761.4025, 3825 4<sup>th</sup> Street NW

## Basics with Free Weights

For novice weight lifters or those interested in getting started. This is the second stage of our Equipment Orientations where you'll learn safe use and technique when using free weights. Expand you knowledge and tools in efforts to reach your fitness goals.

### Joe O. Armijo, Los Volcanes 50+ Sports & Fitness Center

Call 505.767.5990 for schedule

### North Domingo Baca Multigenerational Sports & Fitness Center

Call 505.767.6496 for schedule



## Self Defense / Eastern Traditions

## Aikido

This is a non-aggressive style of martial arts working on the principle of "do not fight force with force." Redirect the attacker's energy and use it to your favor.

## North Domingo Baca

Tuesday, Thursday, 7:15 - 8:15 pm

Wednesday, 6:30 – 7:30 pm

Instructor: Charles

\$4/Class

## Dahn Mu Do (Korean T'ai Chi)

This class integrates mind-body training method that combines deep stretching exercises, meditative breathing techniques and energy awareness training. It is easy and simple enough for anyone to learn, yet challenging for even the most advanced practitioner.

## North Domingo Baca

Saturday, 12:00 – 1:00 am

Instructor: Lynn

\$5/class

## Iron Olympian Karate

Develop physical strength, discipline, balance, coordination and self-esteem. Class includes breakaway techniques and safety awareness.

## Manzano Mesa

Tuesday, 6:00 – 8:00 pm

Instructor: Chris

## Karate Health & Fitness

Fitness conditioning emphasizing traditional karate exercises, techniques, self-defense and forms.

## North Domingo Baca

Monday 7:15 - 8:15 pm

Instructor: Joseph

\$5/class

## Kendo Kai

Meaning "Way of The Sword," is a modern Japanese martial art, which descended from traditional swordsmanship (kenjutsu) and uses bamboo swords (Shinai), and protective armor. It is a physically and mentally challenging activity that combines martial arts practices and values with sport-like strenuous physical activity.



## Manzano Mesa

Friday, 6:00 – 8:00 pm

Instructor: Davis B.



### Personal Defense Club, Close Quarter Combat

Provides a place to learn, teach and practice personal fighting skills. It is not associated with any traditional Asian art or sport.

**Manzano Mesa**  
Monday, 7:00 – 9:00 pm  
Instructor: Sean R.  
\$10 per month

### T'ai Chi

A class using slow, gentle movement to build health & balance, helps reduce stress and heal from injuries. Presented in a brief way to balance the whole self: physically emotionally and spiritually. Not meeting 1st Friday.

**Los Volcanes**  
Tuesday, 11:30 – 12:30  
**North Domingo Baca**, Aerobic Room  
Tuesday, 10:30 - 11:30 am  
Instructor: Theresa  
\$5/Class  
**Palo Duro**  
Friday, 9:30 – 10:30 am  
Instructor: Sifu Ty Beh  
Suggested donation \$5  
(not meeting 1st Friday)

### T'ai Chi Chih

T'ai Chi Chih is a series of easy, gentle movements that balance the internal energy (Chi). It is often called a moving meditation and the benefits of this practice can include improved balance, flexibility, stamina, and regulation of stress blood pressure and weight.

**Bear Canyon**  
Wednesday, 11:30 am – 1:00 pm  
Wednesday, 3:30 – 4:30 pm

**Los Volcanes**  
1st, 2nd, 3rd  
Wednesday  
12:00 – 1:00 pm  
Thursday  
5:30 – 6:30 pm  
**Palo Duro**

Beginning: Wednesday, 3:00-4:15pm  
Session I: July 5 - August 9  
Session II: September 20- October 25  
Session III: November 1- December 6  
\$60 for 6 weeks, payable at first class  
Instructor: Molly Grady  
Continuing: Wednesday, 4:30-5:30 pm  
Session I: July 19-August 16 (no 8/23)  
Session II: August 30 – October 4  
Session III: November 29 - December 20  
(4 weeks- \$40)  
\$60 for 6 weeks, payable at first class  
Instructor: Ellen Tatge



### T'ai Chi Ch'uan

Beautiful flowing movements improve balance, lower high blood pressure, increase bone density and cultivate chi, or internal energy. Tai Chi reduces stress and arthritis pain, significantly improves brain size, improves motor control in Parkinson's, and may delay the onset of Alzheimer's Disease. Recent studies show T'ai Chi is anti-aging. Cultivate your chi for a long and happy life!

**Barelas**  
Wednesday, 9:30-10:30 am  
Instructor: Ilene  
\$2 suggested donation  
**Bear Canyon**  
Saturday, 11:30 am – 1:00 pm  
**Highland**  
Thursday's, 9:30 - 10:30 am  
Instructor: Ty  
**Manzano Mesa**  
Tuesday, 9:30 – 10:30 am  
Instructor: Ilene D.  
\$5 suggested donation per month

**North Valley**  
Monday  
9:30 – 10:30 am  
1st Friday of the month  
9:30 – 10:30 am  
Instructor: Sifu Ty Beh  
Suggested donation \$5

### Tai Chi Chuan Intermediate Class

Tai Chi Chuan is a gentle ancient exercise from China that will improve your balance and enhance your overall health. This is a more advanced class than Tai Chi Chuan.

**Highland**  
Thursday, 1:30 - 2:30 pm

### Tai Ji Quan, Moving for Better Balance

Learn and practice a series of simple, slow, and rhythmical movements aimed at improving balance, strength, and reducing the risk of falls. Participants must be able to engage in mild exercises without the assistance of stability equipment (ex. canes, walkers). Pre-registration is required to participate in this 16 week class. Participants must be able to commit to attending all classes because classes build off of each other.

**Joe O. Armijo, Los Volcanes**  
**50+ Sports & Fitness Center**  
Monday, Wednesday, Friday  
11:45 am - 12:45 pm  
(\$.50) Charlene and Paulette  
Sign-ups will begin August 14, 2017 for the 16-week session beginning September 11 – December 19, 2017. There is an 18 participant max. Call 767-5990 to sign-up.

Don't forget to pick up a 2017 Sports & Fitness Catalog at any one of our centers!



### Yoga



### Yoga, Beginning

Improve posture and core strength, as well as reduce lower back pain and increase muscle flexibility.

**Barelas**  
Monday, Thursday, 9:15 – 10:30 am  
**Bear Canyon**  
Friday, 10:30 – 11:30 am  
Instructor: Tiana  
\$5  
**Joe O. Armijo, Los Volcanes**  
**50+ Sports & Fitness Center**  
Thursday 2:00 – 3:00 pm  
Saturday 9:00 – 10:00 am  
Instructor: Dena  
\$3/class  
**Manzano Mesa**  
Monday, 6:00 – 7:15 pm  
Instructor: Ann O.  
\$7/class or \$25.00/month  
**North Domingo Baca**  
Wednesday 5:00-6:00 pm  
Instructor: Johanna  
\$5/class  
Thursday 10:30-11:30 am  
Instructor: Mindy  
\$5/class

### Yoga, Belts & Blocks

Helps improve posture and core strength, as well as reduce lower back pain as well as helps to increase muscle flexibility.

**Palo Duro**  
Monday, 9:00 – 10:00 am  
Wednesday, 5:15 – 6:15 pm  
Instructor: Laurene Leyba  
\$3/class

### Yoga: Chair

Focus on alignment, breath, relaxation and core awareness by increasing strength, flexibility, mobility and building bone density.

**Bear Canyon**  
Monday, 10:30 – 11:30 am  
and 2:30 - 3:30  
\$5/class

### Yoga: Dahn

Dahn Yoga is the yoga of stress relief. Increase flexibility, improve breathing patterns and concentration. Through committed practice class members can also manage problems with weight.

**North Valley**  
Monday & Thursdays  
3:15 – 4:15 pm  
Instructor David Plummer  
Cost: \$3/class



### Yoga: Flow, Vinyasa Flow

Class focus is on precise alignment while building a pose, finding the ease in your pose as you build strength and flexibility.

**North Domingo Baca**  
Monday 5:45-7:00 pm  
Instructor: Misa  
\$5/class  
Thursday 6:00-7:00 pm  
Instructor: Keisha  
\$5/class

### Yoga: Gentle

For anyone new to yoga or desiring a slower paced class. Relaxation, breathing, and simple meditations will be explored and support equipment will be used. Increase range of motion and muscle tone.

**Palo Duro**  
Wednesday, 9:00 – 10:00 am  
Instructor: Karin Lawton  
**Highland**  
Monday's (Gentle Yoga), 2:00 - 3:00 pm  
Wednesday's, 1:30 - 2:30 pm  
Instructor: Mindy  
\$6/class

### Yoga: Hatha

**Manzano Mesa**  
Wednesday, 9:00 – 10:00 am  
Instructor: Dee C.  
Yoga: Hatha Plus  
(plus core body-work)  
**Manzano Mesa**  
Friday, 9:00 – 10:00 am  
Instructor: Jan P.

### Yoga: Kundalini

**Manzano Mesa**  
Wednesday, 10:10 – 11:10 am  
Instructor: Sueshila S.



### Yoga: Laughter

In laughter yoga sessions we will teach you to laugh without a reason, without relying on humor, jokes, or comedy. We initiate laughter as an exercise using eye contact and childlike playfulness. It is called Laughter Yoga because it combines laughter exercises with yogic breathing. This brings more oxygen into your body and brain making you feel more energetic and healthy. Laughter is great exercise and a great stress reliever. Laughter is contagious!

**Bear Canyon**  
Friday, 12:30 – 1:15 pm  
Instructor: Barbara  
**Manzano Mesa**  
Saturday, 9:00 - 10:00 am  
Instructor: Kathy C.

Other Classes

All Star Jazz & Ballet

**Manzano Mesa**  
Thursday, 6:00 – 8:00 pm  
Instructor: Mistie G

All-Star Youth Cheer

**Manzano Mesa**  
Wednesday, 6:00 – 8:00 pm  
Instructor: Mistie G.

Balance & Movement for Parkinson's

This class is designed for mostly all levels and focuses on balance and movement while either seated or standing. Slow movements, strength, hand-eye coordination and memory are also incorporated in a fun atmosphere. Caregivers are encouraged to attend and participate also!

**Highland**  
Monday, 3:15 - 4:00 pm  
Wednesday, 2:45 - 3:30 pm  
\$6 per class  
Instructor: Mindy  
**North Valley**  
2nd, 4th Thursday, 2:00 - 3:00 pm  
\$5 per class  
Instructor: Joanie Carlisle

Blood Pressure Checks with Betsy

Free blood pressure checks on a first come/first serve basis.  
**Highland**  
Friday, 10:00 - 11:00 am

Chair Massage Therapy

Choice of seated massage in a regular chair, wheelchair, or a massage chair. Natural non- invasive pain relief. Benefits include improved posture and range of motion, reduced anxiety and stress, increased sense of well-being. Massage done for a nominal fee.

**Bear Canyon**  
Monday  
12:00 – 3:00 pm  
\$5/10 min



Exercise for Parkinson's

Parkinson's Wellness and Recovery is an effective and fun way to gain flexibility, coordination, strength and improve balance. These exercises also improve attention and mental focus. It is also a fun way to exercise!

**North Valley**  
2nd, and 4th Thursday of the Month  
2:00 – 3:00 pm  
Instructor: Linda Ozier



Reflexology Massage Therapy

Reflexology is a hands-on modality that relaxes and restores the body by working the hands and/or feet or hands.

**Bear Canyon**  
Wednesday, 10:00 am – 12:00 pm  
Donation  
**North Valley**  
2nd, 4th Friday and 4th Wednesday of each month, 9:30 – 11:00 am

Dance and Movement for Parkinson's

Join in the musicality, rhythm, expression, inventiveness and sheer physical pleasure of dance. Customized for all abilities.

**North Valley**  
1st, 3rd Thursday, 2:00 – 3:00 pm  
Instructor: Joanie Carlisle

TVE Wellness Qi Gong

This is a health & healing low-impact exercise class using fluid Qi-Gong techniques to improve energy, balance, strength, and range of motion for all ages & abilities by focusing and building on all aspects of the body through a step-by-step teaching method. Enjoy learning beautiful fluid motions that get every part of your body moving, from your fingers to your toes while gaining the benefits of increased energy, lower

stress, and greater mobility, balance, and flexibility. TVE Wellness is the alternative exercise program that suits your needs no matter the age or capability. We modify the motions to match your ability and then progress further until we see greater results. Join now to enjoy the rewarding and fun program of TVE Wellness.

**Bear Canyon**  
Thursday, 10:00 – 11:00  
\$20/4 classes  
**Manzano Mesa**  
Thursday, 8:30 – 9:30 am  
Instructor: Dimitri C.  
Seniors 50+: \$2.00, Others: \$5.00/Class  
**North Valley**  
Wednesday, 9:00 – 10:00 am  
Instructor: Dimitri Carranza  
\$20/4 consecutive classes  
**North Domingo Baca**  
Wednesday 10:30 – 11:30 am  
Instructor: Dimitri Carranza  
\$20/4 consecutive classes



- To register for trips, present your membership card or give your card information with your payment.
- Make checks payable to the City of Albuquerque. Registration for trips starts at 9:00 am on designated days.
- Cancel at least 3 days in advance.

Monthly Trips

Ride & Glide w/Ron

Enjoy fun-filled trips to mystery destinations. Ron will see to it that you have a wonderful time exploring the natural beauty of our state. Lunch is at your own expense at a local restaurant.

**Bear Canyon**  
Tuesday, July 18  
Wednesday, August 16  
Wednesday, September 6  
Tuesday, October 10  
Thursday, November 2  
Tuesday, December 5  
Check In: 8:00 am • Return: 4:00 pm approximately  
\$6.50 Transportation, plus 5¢ per mile if trip exceeds 100 mile, transportation cost paid upon return

Lunch Bunch

Visit a variety of restaurants in and around town and enjoy a wonderful meal with old and new friends.

**Bear Canyon**  
4th Thursday  
Check In: 10:45 am  
\$2.50 Transportation



Out-To-Dinner

Experience the ambiance and fare at a variety of area restaurants while enjoying the company of friends.

- For overnight, day trips, or performances that require an advanced payment, a refund will be provided if a replacement is found.
- Meals are at your expense.
- Remain with group for the entire trip.
- Return times are approximate.
- We require a two-week notice for special accommodations.
- Mileage charges for van use are 5¢ per mile per person and may include driver costs.
- Refunds: Original receipts should be presented to receive approved refunds. No refunds on trips costing \$1.00 or less. Form of payment used to pay for trip will be refunded in same manner.

Bear Canyon

1st Monday  
Check In: 4:45 pm  
\$2.50 Transportation

Ride & Roam with Ron

The destination is a mystery but be assured you are in for an adventure.

**Palo Duro**  
Tuesday, July 25  
Wednesday, August 2  
Thursday, September 21  
Thursday, October 12  
Tuesday, November 21  
Thursday, December 7  
Check In: 8:00 am • Return: 4:00 pm approximately  
\$6.50 Transportation, plus 5¢ per mile if trip exceeds 100 mile, transportation cost paid upon return

Enchanted Journeys with Shannon

We'll visit a mystery destination that's sure to be lots of fun, followed by lunch at a nearby restaurant.

**Barelas**  
Friday, July 28  
Friday, August 18  
Friday, October 13  
Tuesday, December 19  
Check In: 8:30 am • Return: 4:00 pm  
\$12 Transportation

The City of Albuquerque Department of Senior Affairs, Center Policies and Procedures, Section 3.4-N, stipulates that anyone who goes on a Center-sponsored outing must "sign the Trip Release Form before leaving the Center". If an individual chooses not to sign the form, he or she will forfeit the opportunity to go on the outing and a refund will not be given.

DATES to sign up for trips:

**Wednesday, July 5th**  
For July - September: trips registrations/presentations will be available for sign up.  
**Wednesday, September 6th**  
For October - December: trips registrations/presentations will be available for sign up. Registration for trips starts at 9:00 am.

Palo Duro presents...

A "Fare" to Remember



Enjoy these series of tasty trips as we visit popular restaurants all around our state. Meals are at your own expense.

Palo Duro

Midtown Bistro: Santa Fe

Earning a reputation as one of Santa Fe's finest dining establishments, Midtown Bistro serves a variety of American Cuisine. They offer fine dining with a sophisticated and welcoming atmosphere. The menu features beer batter Alaskan cod fish and chips, blue roasted corn chicken enchiladas, green chile meatloaf sandwiches and much more!

Wednesday, July 19  
Check In: 9:45 am • Return: 4:00 pm  
\$7.50 Transportation

Continued on Page 58

A Fare to Remember, con't.

El Paragua: Espanola

El Paragua features a tasty New Mexican menu with the atmosphere to go with it. Maintaining operation for over 50 years, this favorited restaurant started off as a roadside food stand and has since bloomed into a Northern New Mexican hot spot. Join us and try the Hawaiian style shrimp or opt for the classic huevos rancheros with a fresh tortilla!

Wednesday, August 9  
Check In: 9:15 am • Return: 4:00 pm  
\$9.50 Transportation

Pasta Paradiso: Los Alamos

Have you been craving a zesty Italian salami and pepperoni calzone? Than you must join us as we visit this fine Italian dining and buffet! From an all you can eat Pasta Bar made fresh every

day or a handmade calzone, you won't be disappointed with this menu.

Thursday, September 7  
Check In: 8:15 am • Return: 4:00 pm  
\$10.50 Transportation

Plaza Hotel: Las Vegas

The Landmark Grill located at the Plaza Hotel is a classic American-style restaurant! Featuring sandwiches, burgers and salads- this Grill also has New Mexican favorites like enchiladas and tacos. Don't forget to ask about their house-made quiche of the day!

Thursday, October 5  
Check In: 8:15 am • Return: 4:00 pm  
\$12.50 Transportation

Bodega Burger Company: Socorro

Celebrating their first 5 years of business, this Lounge is the perfect place for a good burger! Classified as an upscale burger joint, Bodega offers

cheese steak empanadas, spicy tuna tacos and the good 'ole classic Angus burger. Be sure to bring your appetite as they also offer a tasty Crème Brulee!

Tuesday, November 14  
Check In: 9:45 am • Return: 4:00 pm  
\$9.50 Transportation

La Plazuela: Santa Fe

Join us as we indulge in a creative take on New Mexican Cuisine. Nestled in the heart of our capital, La Plazuela leads a new approach to classic menu items such as their green chile meatloaf, rainbow trout with a blue corn crust and more. Fresh and flavorful, this dining experience will be one for the books!

Tuesday, December 12  
Check In: 8:15 am • Return: 4:00 pm  
\$7.50 Transportation



Rock - n- Rolling  
Tours

by North Valley Senior Center

Dixon Studio Art Tour

The Dixon Studio Tour is one of the oldest continuously run studio tours in the state of New Mexico.

Saturday, November 4  
Check In: 7:45 am • Return: 5:30 pm  
\$13 Transportation

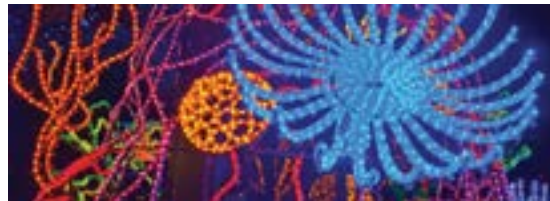
Festival of Crain's Tour

The Bosque de Apache Wildlife Preserve is a critical habitat for large resident birds. Sand Hill Cranes and other various species of Waterfowl's.

Wednesday, November 22  
Check In: 9:00 am • Return: 5:00 pm  
\$11 Transportation

River of Lights Tour

Come join North Valley as we take a tour through the Bio Park's River of Lights.



Thursday, December 14  
Check In: 4:30 pm  
Return: 8:30 pm  
\$2 Transportation

The Luminaria Tour

New Mexico is famous for our luminarias during our Christmas season. Come join North Valley for the luminaria tour.

Sunday, December 24  
Check In: TBA • Return: 8:30 pm  
\$2 Transportation



DAY TRIPS

JULY

Lavender In The Village

Over 50 incredible vendors of lavender, lavender products, lavender arts in addition to fine wines, food and crafts. A full day of live music, open-air yoga classes, seminars and cooking demos about lavender and sustainable agriculture and a hands-on farm camp for kids.

Manzano Mesa

Saturday, July 15  
Check In: 8:00 am • Return: 12:30 pm  
\$2 Transportation

Albuquerque Isotopes Baseball

Join us as our Isotopes take on Memphis in minor league action. This is a day game.

Los Volcanes

Thursday, July 20  
Check In: 10:15 am • Return: 4:45 pm  
North Domingo Baca  
Thursday, July 20  
Check In: 10:30 am • Return: 5:00 pm  
\$2 Transportation, admission \$12

Popcorn Cannery

Join us on this fun and tasty trip. We will have the opportunity to visit this locally owned facility and taste all the wonderful flavors they have to offer. Popcorn will also be available for purchase. We will then head to lunch at a local restaurant.

Barelas

Thursday, July 20  
Check In: 8:15 am • Return: 2:00 pm  
\$2.50 Transportation  
Bear Canyon  
Tuesday, November 7  
Check In: 8:15 am • Return: 3:00 pm  
\$2.50 Transportation



Sunflower Sanctuary

Sunflower Sanctuary Animal Rescue was founded in October of 2008. It is the perfect place to serve and provide a safe and loving home for elderly and handicapped animals to live out the rest of their years. Join us as we visit this loving sanctuary!

Palo Duro

Wednesday, July 26  
Check In: 10:00 am • Return: 3:00 pm  
\$4 Transportation

ABQ Museum  
"Hollywood Southwest"

From "Billy the Kid" to "Breaking Bad," movies and television have portrayed and marketed our state into the present day. Over the past decade, film production in New Mexico has enjoyed a renaissance, thanks to state incentives. However, film has long been a part of New Mexico's landscape, and the state's landscape and people have often been featured in film.

Bear Canyon

Wednesday, July 26  
Check In: 9:00 am • Return: 4:00 pm  
\$2.50 Transportation



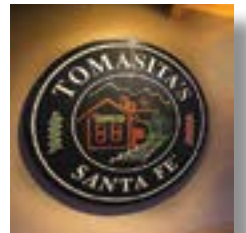
AUGUST

Tomasita's - Santa Fe

We will visit the plaza before lunch.

Los Volcanes

Tuesday, August 1  
Check In: 9:00 am  
Return: 3:00 pm  
\$8 Transportation



Ronald McDonald House

Take a tour of the Ronald McDonald House. The Ronald McDonald House Charities of New Mexico provides comfort, care and a home away from home for families whose children are in medical treatment.

Bear Canyon

Tuesday, August 8  
Check In: 9:15 am  
Return: 2:00 pm  
\$2.50 Transportation



Let's Go Bowling

Join us as for a morning of bowling at Silva Lanes! Bring your lucky bowling ball or it will be provided. After this fun workout, we'll stop for lunch.

Los Volcanes

Thursday, August 10  
Check in: 9:00 am • Return: 2:00 pm  
\$3 Transportation, \$5 admission (includes bowling ball and shoe rentals)

Chama Days Celebration

Let's head north to Chama, the home of the Cumbres & Toltec Scenic Railroad. It will be a great day to get away from the big city! Enjoy some great summer fun and enjoy the scenery. Plenty of eats and fun!

Barelas

Saturday, August 12  
Check In: 7:00 am • Return 7:00 pm  
\$16 Transportation

August, con't.

**Trip to Chimayo NM**

Chimayo is known for its spirituality and healing! Grab yourself some Holy Dirt! Great shopping for that spiritual gift.....The chapels are gorgeous and humbling. First stop is the Chimayo Museum, Dan will give us a guided tour where he will share with us the History of Chimayo. We're also going to visit the Ortega's Weaving Shop and the Santuario de Chimayo. We will have lunch at a local restaurant in town.

**Highland**

Tuesday, August 15  
Check In: 9:00 am • Return: 5:00 pm  
\$10 Transportation

**Conference on Aging**

Isleta Casino and Resort hosts the 39th Annual Conference on Aging brought to you by NM Aging and Long Term Services. The NM Conference on Aging offers older adults, caregivers and professionals a chance to learn and have fun in an environment that supports independence and dignity. Free transportation, Registration fee and lunch at your own expense. Applications will be available at the front desk or online at: <http://www.nmaging.state.nm.us/2017-conference-on-aging.aspx>

**Barelas**

Tuesday, August 15  
Check in: 7:30 am • Return: 6:00 pm

**Los Volcanes**

Tuesday, August 15  
Check In: 7:30 am • Return: 5:00 pm

Wednesday, August 16

Check In: 7:30 am • Return: 4:00 pm

**Palo Duro**

Tuesday, August 15  
Check In: 7:30 am • Return: 5:00 pm

**Exhibition: Hollywood Southwest - New Mexico in Film and Television**

From Billy the Kid to Breaking Bad, movies and television have portrayed and marketed our state into the present day. Guest curated by American cultural historian Paul Andrew Hutton, this pop culture exhibit includes westerns, war movies, comedy, and science fiction. IMAGE Lobby card, Kit Carson, 1928 Paramount Pictures Offset lithograph Courtesy Paul A. Hutton.

**Manzano Mesa**

August 18  
Check In: 9:15 am • Return: 12:30 pm  
\$2 Transportation

**Randall Davey Audubon Center**

Located in Santa Fe, this Center and Sanctuary includes over 135 acres of nature and wildlife. Plants and wildlife find their home here by the thousands of acres of National Forest. We will be given a tour through beautiful trails so don't forget your cameras and binoculars!

**Palo Duro**

Friday, August 18  
Check In: 10:15 am • Return: 5:00 pm  
\$8 Transportation, \$5 admission and guided tour

**Great Harvest Bread**

Great Harvest Bread Co. specializes in 100% Whole Grain Breads made with flour ground fresh each day. Enjoy a tour and a tasty and nutritious lunch.

**Bear Canyon**

Tuesday, August 22  
Check In: 8:30 am • Return: 1:00 pm  
\$2.50 Transportation

**Ojo Caliente**

Ojo Caliente is the only natural hot springs in the world with the remarkable combination of five bubbling water.

**North Domingo Baca**

Wednesday, August 23  
Check In: 8:00am • Return: 6:00 pm  
\$15 Transportation. Spa services are extra

**Chocolate Factory Tour - Santa Fe**

See and learn about the process of chocolate making in a one hour Guided tour of our Chocolate Production facility including roasting, winnowing, grinding, and tempering of Chocolate. Sample a variety of our handmade bars or other products produced on this equipment. We will stop for breakfast before heading to Santa Fe.

**Barelas**

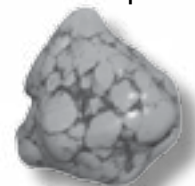
Saturday, August 26  
Check in: 7:00 am • Return: 3:00 pm  
\$8.50 Transportation, \$10 + tax for tour

**Turquoise Museum**

Founded in 1993, The Turquoise Museum has been showcasing the craft of turquoise with display mines from around the world. The on-site lapidary shop may also be in action when the tour passes through!

**Palo Duro**

Tuesday, August 29  
Check In: 10:15 am  
Return: 3:00 pm  
\$2 Transportation, \$8 admission and guided tour

**De Vargas Street - Santa Fe**

This will be an interesting and informative tour of the Barrio de Analco District on the Lower Santa Fe Trail. The highlight will be the 800 year old adobe house, reported to be the oldest house in the USA. There are numerous places of interest within walking distance that we will tour also, ending our tour with lunch at one of Santa Fe's great restaurants.

**Highland**

Wednesday, August 30  
Check In: 9:00 am • Return: 5:00 pm  
\$10 Transportation

**Bradbury Science Museum**

Learn about the history of Los Alamos National Laboratory, its national security mission, and the broad range of science engineering, and technology research programs undertaken to improve our nation's future.

**Bear Canyon**

Thursday, August 31  
Check In: 8:00 am • Return: 5:00 pm  
\$10.50 Transportation

**Que Sera Alpacas - Santa Fe**

You will be welcomed to a working alpaca ranch where you can have fun on a trip that's a bit out of the ordinary. Meet the baby alpacas, called cria, and their moms. See the fiber processing area and the "kissing alpacas" who will steal your heart and make you want to take them home!

**Highland**

Friday, September 8  
Check In: 9:00 am • Return: 4:30 pm  
\$10 Transportation

**Pie Town**

In Americas great southwest, astride the Continental Divide, sits Pie Town, peacefully resting in west Central New Mexico. Pie Town serves the best pies on the planet. We will be there just in time for their annual Pie Town festival.

**Los Volcanes**

Saturday, September 9  
Check In: 8:00 am • Return: 6:00 pm  
\$18 Transportation

**New Mexico State Fair**

Come and join us for a day of fun at the New Mexico State Fair. The State Fair reflects the unique heritage of New Mexico through attractions such as Indian Village, Villa Hispana, art galleries, agricultural and livestock competitions embedded in the state's rural roots.

**Highland**

Monday, September 11  
Check In: 9:00 am • Return: 3:30 pm  
\$2 Transportation

**Los Volcanes**

Monday, September 11  
Check In: 8:30 am • Return: 3:30 pm  
\$2 Transportation

**Manzano Mesa**

Monday, September 11  
Check In: 9:00 am • Return: 3:00 pm  
\$2 Transportation

**N. Domingo Baca**

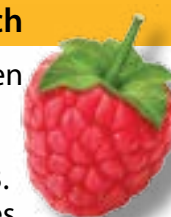
Monday, September 11  
Check In: 10:00 am • Return: 2:00 pm  
\$2 Transportation

**Palo Duro**

Monday, September 11  
Check In: 8:30 am • Return: 3:00 pm  
\$2 Transportation

**Salman Raspberry Ranch**

The Salman Ranch has been growing raspberries since 1982, and opened their fields to the public in 1993. The berry harvest produces hundreds of flats of fresh handpicked berries that are sold at the Salman ranch store. You will also be able to pick your own berries at the U Pick It Field (for an additional cost), enjoy lunch in the Café La Cueva, and browse the many gourmet items in our Ranch Store, including our entire line of delectable raspberry products and more.

**Barelas**

Wednesday, September 13  
Check In: 7:30 am • Return: 4:00 pm  
\$17 Transportation

**Red Horse Vineyard**

A lovely, country-side setting this Vineyard B&B is home to some historical events. It offers a relaxing atmosphere with nature and beauty all around! We will be given a tour of the grounds followed by lunch provided on site.

**Palo Duro**

Wednesday, September 20  
Check In: 9:00 am • Return: 3:00 pm  
\$2 Transportation, \$15 guided tour and lunch

**Santa Fe National Cemetery**

We will visit this historical Santa Fe property. This is an opportunity to visit the resting place of a loved one at the Santa Fe National Cemetery. Afterwards, we will visit the plaza. We will have lunch at a local restaurant in Santa Fe.

**Highland**

Wednesday, September 20  
Check In: 9:00 am • Return: 4:00 pm  
\$10 Transportation

**FIND A CENTER  
NEAR YOU!**

**See Pages 3 - 5**



SEPT., con't.

Balloon Factory

We have all enjoyed the sights of balloons filling the skies during the annual Hot Air Balloon Fiesta, but now we can go behind the scenes and learn how these colorful hot air balloons are made.

Bear Canyon

Wednesday, September 27  
Check In: 9:00 am • Return: 3:00 pm  
\$2.50 Transportation



San Geronimo Feast Day – Taos Pueblo

San Geronimo Feast Day is Taos Pueblo's largest event of the year. A cultural event shared with the public. Thousands of visitors come and share in a great day. There will be arts & crafts and food vendors. (No photography and/or filming are allowed on this day.)

Barelas

Saturday, September 30  
Check In: 7:00 am • Return: 6:30 pm  
\$22 Transportation

OCTOBER

Greek Fest

Spend a fun filled day shopping to you drop at the beautiful outlet mall. Shops include, Ralph Loreen, Nike, Coach and Tommy Hilfiger.

North Domingo Baca

Saturday, October 1  
Check In: 10:00am • Return: 2:30 pm  
\$5.00 Transportation, admission ?

Check out the Mystery Book Club See Page 31



Z Coil Footwear Tour

Join us for a tour of the Z Coil Factory to see where these famous shoes got started; afterward we will have lunch at a nearby restaurant.

Bear Canyon

Tuesday, October 3  
Check In: 8:45 am • Return: 2:30 pm  
\$2.50 Transportation

Tinkertown Museum

This museum is full of hidden treasures! What began as a hobby has since bloomed into a museum, attracting visitors from all around. Nestled up in our Sandia Mountains, let's check out the many rooms of their astounding collections.

Palo Duro

Wednesday, October 4  
Check In: 9:00 am • Return: 3:00 pm  
\$3.50 Transportation, \$2 admission



Special Shapes Glowdeo

The events now known as "balloon glows" were invented in Albuquerque in 1979, when local pilots inflated balloons on Christmas Eve night as a "thank you" to local residents. The sight of balloons lit from within at night like giant holiday ornaments is breathtaking, and "glow" events are now held all over the world.

Los Volcanes

Thursday, October 5  
Check In: 4:00 pm • Return: 8:30 pm  
\$2 Transportation

Manzano Mesa

Thursday, October 5  
\$2 Transportation  
Check In: 3:45 pm • Return: 8:00 pm

"Windows to our Past" - Salinas Pueblo Missions

We will journey back in time to visit the Salinas Valley pueblo ruins, which include Quarai, Gran Quivira, and Abó, all located south of Albuquerque near

Mountainair. These ruins were occupied as early as the 10th century, first by Mogollon then Anasazi cultures, who established major trade centers that served both the Rio Grande villages and the Plains Indian tribes. Franciscan missionaries built mission complexes at each of the pueblos. The largest of the three pueblos was Gran Quivira (Las Humanas), which includes excavated ruins and a central plaza, the remains of the church and convent of Mission de San Buenaventura, and the church of San Isidoro, both built in the 17th century. Quarai contains the best-preserved of the missions, Misión de la Purísima Concepción de Cuarac. It served as the ecclesiastical headquarters of the Spanish Inquisition in New Mexico. The third pueblo, Abó, has extensive unexcavated pueblo ruins built about 1300 A.D., and red sandstone ruins of the mission and monastery of San Gregorio de Abó built in 1629-30.

Barelas

Saturday, October 7  
Check in: 7:00 am • Return: 6:00 pm  
\$11 Transportation

Indian Pueblo Cultural Center

We'll be taking a guided tour to enrich our time at the Indian Pueblo Cultural Center. The Indian Pueblo Cultural Center is home to over twenty large-scale murals by Pueblo artists, and they introduce visitors to nine of these impressive works of art. See paintings by legendary artists Pablita Velarde, Helen Hardin, and Jose Rey Toledo. We will see a journey through Pueblo art and culture, a moving introduction to the traditions and core values of Pueblo people. Entry Fee is \$7 and at your own expense. We will have lunch at a local restaurant in town.



Highland

Tuesday, October 10  
Check In: 9:15 am • Return: 2:30 pm  
\$2 Transportation

Recycling Center

Come tour Friedman's recycling plant that process all recycled materials from residences, turning the recyclables into materials like paper towels, and even jeans. We will have a meet and greet with staff followed by a facility tour from the catwalk. Please wear closed toe shoes, be able to walk upstairs, and ready for a little dust.

Bear Canyon

Thursday, October 12  
Check In: 10:00 am • Return: 2:30 pm  
\$2.50 Transportation



St. James Hotel and Restaurant, Cimarron

Some believe the St. James is haunted! Now many of the lesser known characters from years past make their presence known to current guests and employees of the hotel. Imagine hearing giggling children running down the hall when there are none in the hotel. Smell the scent of rose perfume so strong you can barely stand it but no one is there. The frustration of employees who set up a dining table only to return and find all the silverware piled in the middle. You may see a cowboy looking back at you from a mirror who is a ghost with his own private room in the hotel. No one knows for sure why they are here! Join us for a tour and lunch.

Barelas

Wednesday, October 11  
Check In: 7:00 am • Return: 6:00 pm  
\$24 Transportation, no charge for tour, but donations gladly accepted

Casa San Ysidro

Enjoy a guided tour that will take you back in time. The Gutierrez/Minge House dates back to the 1870's and is located in the village of Corrales. Today the house is home of one of the world's most extensive collections of New Mexican art and

furnishings. Before the tour we will enjoy lunch at Village Pizza in Corrales.

Bear Canyon

Tuesday, October 17  
Check In: 10:00 am • Return: 4:00 pm  
\$2.50 transportation  
\$3 Cash only admission.

Liquid Light Glass

Have you always wanted to make some beautiful glass crafts? Now you can! We will be visiting the Liquid Light Glass Studio to make these creations happen. You have your choice of creating two glass flowers or your very own glass paperweight. This will be a hands-on class, so get ready!

Palo Duro

Tuesday, October 17  
Check In: 8:30 am • Return: 4:30 pm  
\$7.50 Transportation, \$65 class materials & instruction

Ojo Caliente

Ojo Caliente is the only natural hot springs in the world with the remarkable combination of five bubbling water.

Los Volcanes

Thursday, October 19  
Check In: 6:15 am • Return: 7:00 pm  
\$15 Transportation  
\$21.43 for mineral bath

New Mexico Travertine Company

Let's take a trip to Belen, New Mexico and see how decorative building stone, mined at a nearby quarry, is cut and polished. A tour of their facilities will be interesting and informative. We will have lunch at a local restaurant in town.

Highland

Tuesday, October 24  
Check In: 9:15 am • Return: 3:00 pm  
\$5 Transportation

Harrell House Bug Museum

The museum is a unique, family friendly experience located in Santa Fe, NM. The current exhibits include the astounding "Crawlywood Collection" of over 2400 mounted insects which

boasts some of the largest and rarest insects and arachnid specimens you will see anywhere also over 150 live animals.

Bear Canyon

Wednesday, October 25  
Check In: 10:00 am • Return: 4:30 pm  
\$8.50 Transportation, \$5 admission.



Get up off that couch! Try some Gentle Exercise! See Pg. 51



# NOVEMBER

## Coffee 101-NM Pinon Co.

Learn all about great coffee & how to decipher a coffee house menu in our comprehensive two hour seminar. Our fun and informative Coffee 101 class includes: Cupping (the practice of experiencing the tastes and aromas of brewed coffee) Roasting (you'll learn the different roasting terms and get to participate in actual coffee roasting) fun facts about coffee and its history.



### Bear Canyon

Thursday, November 9  
Check In: 9:00 am • Return: 2:00 pm  
\$2.50 Transportation

### Highland

Thursday, November 16  
Check In: 9:00 am • Return: 2:00 pm  
\$2.50 Transportation

## Bosque del Apache Wildlife Preserve

Bosque del Apache Wildlife Preserve, a critical habitat for a large number of resident birds, is also an important wintering home for Sandhill Cranes and will host as many as 14,000 for the winter. Sandhill Cranes are the star attraction, but you get to experience other wildlife as well! The Sandhill Cranes begin to arrive in November, and stay until February.

### Barelas

Wednesday, November 8  
Check in: 8:00 am • Return: 4:00 pm  
\$11 Transportation

### Highland

Wednesday, November 29  
Check In: 9:00 am • Return: 4:00 pm  
\$11 Transportation

### Los Volcanes

Wednesday, November 29  
Check In: 8:00 am • Return: 4:00 pm  
\$11 Transportation

## Santa Fe National Cemetery

We will visit this historical Santa Fe property. This is an opportunity to visit the



resting place of a loved one at the Santa Fe National Cemetery. Afterwards, we will visit the plaza.

### Bear Canyon

Wednesday, November 15  
Check In: 9:00 am • Return: 4:00 pm  
\$7 transportation

## Ojo Caliente

Long before the Spaniards described as the "hot eye" of a deep volcanic aquifer, and even before the early Indian peoples gathered at these ancient springs, the waters have been flowing steadily from a source deep below the earth's surface. Ojo Caliente is the only natural hot springs in the world with the remarkable combination of five bubbling waters. Each is pleasantly pleasing to your senses. The fee includes access to all the pools and steam baths all day. We will have lunch at a local restaurant in town.

### Barelas

Wednesday, November 15  
Check in: 7:00 am • Return: 6:00 pm  
\$15 Transportation  
\$21.43 mineral bath

### Highland

Wednesday, November 8  
Check In: 8:15 am • Return: 6:30 pm  
\$15 Transportation, \$21.43 mineral bath

## Los Alamos History Museum

Visit an ancestral Pueblo site as we travel to this homestead-era museum that shares the remarkable history of Los Alamos. We will see historic buildings, outdoor venues, artifacts and much more throughout this interactive experience!

### Palo Duro

Thursday, November 16  
Check In: 9:45 am • Return: 5:00 pm  
\$11.50 transportation, \$15 admission and guided tour

## Model Train Show

The Rails Along the Rio Grande 2017 Train Show will be heading to Albuquerque this year and we want you to join us! We will visit the exhibits and find out fun facts about model trains.



### Palo Duro

Saturday, November 18  
Check In: 9:30 am • Return: 4:00 pm  
\$2 Transportation, \$5 admission

# DECEMBER



## Lighting of Christmas Tree

The giant Christmas tree in San Luiz Plaza is lit during the Holiday Stroll, an annual tradition that helps start the Albuquerque holiday season.

### North Domingo Baca

Friday, December  
Check In: 4:30 pm • Return 8pm  
\$1.50 Transportation

## Holiday Stroll

The annual lighting of the Christmas Tree in Don Luis Plaza kicks off a delightful evening of entertainment, dining and shopping. The luminarias and twinkle lights fill the air with Holiday spirit during this classic and time-honored Albuquerque event.

### Manzano Mesa

Friday, December 1  
Check In: 4:30 pm • Return 8pm  
\$2 Transportation

### North Valley

Friday, December 1  
Check In: 4:15 pm • Return: 8:30 pm  
\$2 Transportation

Do you like board games? See Page 28



## Old Town Holiday Shop & Stroll with Anna

Kick off the holiday season under the lights in Historic Old Town. Enjoy a New Mexican Christmas by eating tamales and biscochitos, and enjoy the view of Historic Old Town immersed in farolitos. Grab some hot chocolate and watch the time honored lighting of the giant Christmas tree, a spectacle made of over 150 different trees, at this magical Albuquerque event. Live entertainment will fill the streets on 15 stages and add to the festivities. Dinner will be at a local restaurant, and is at your own expense.

### Highland

Friday, December 1  
Check In: 4:00 pm • Return: 9:00 pm  
\$2 Transportation

## Christmas in Madrid

We will start off with the annual Holiday parade down Main Street. Afterwards you can enjoy shopping at the unique shops, galleries followed by dinner at Ribs in Cedar Crest.

### Barelas

Saturday, December 2  
Check in: 2:00 pm • Return: 9:00 pm  
\$7 Transportation

### Bear Canyon

Saturday, December 2  
Check In: 2:00 pm • Return: 9:00 pm  
\$7 Transportation

### Los Volcanes

Saturday, December 2  
Check In: 2:00 pm • Return: 9:00 pm  
\$7 Transportation

### Palo Duro

Saturday, December 2  
Check In: 2:00 pm • Return: 9:00 pm  
\$7 Transportation



## Shop & Stroll at the Newly Renovated Winrock Mall

Albuquerque has the biggest and best shopping in the entire state with three premier malls and Winrock Mall being one of them. The Winrock Mall is newly renovated and will surely be festively decorated for the Holiday Season with plenty of sight-seeing, and a plethora of different department and specialty stores to window shop, or purchase something that catches your eye! Lunch will be at a local restaurant, and is at your own expense.

### Highland

Tuesday, December 5  
Check In: 9:30 am • Return: 4:30 pm  
\$2 Transportation

## Holiday Shopping in Old Town Plaza

Historic Old Town has been the heart of Albuquerque since the city was founded in 1706. Stroll the Plaza for your holiday shopping at over 100 stores and galleries for unique gifts from the Southwest and around the world; dine at one of the many restaurants featuring everything from the All-American hamburger to Fine Continental cuisine.

### Bear Canyon

Thursday, December 7  
Check In: 3:00 pm • Return: 8:00 pm  
\$2.50 Transportation

## Bugg Holiday Display - Harvey House

It's that time of year again when the Belen Harvey House Museum is transformed into a Christmas wonderland, full of perky penguins, animated characters, uniquely decorated trees and holiday cheer.

### Bear Canyon

Thursday, December 14  
Check In: 3:00 pm • Return: 9:00 pm  
\$7 Transportation

### Highland

Friday, December 15  
Check In: 3:00 pm • Return: 9:00 pm  
\$7 Transportation

## Los Volcanes

Saturday, December 16  
Check In: 4:00 pm • Return: 9:00 pm  
\$7 Transportation



## River of Lights

Enjoy the magic of millions of twinkling lights and dazzling holiday displays at New Mexico's largest walk-through light show! \$12 admission and dinner at your own expense.

### Bear Canyon

Tuesday, December 12  
Check In: 4:45 pm • Return: 10:00 pm  
\$3 Transportation

### Los Volcanes

Thursday, December 7  
Check In: 4:45 pm • Return: 10:00 pm  
\$3 Transportation, \$12 admission

### North Domingo Baca

TBA  
Cost: \$3 Transportation  
\$12 Admission for all centers

## Meow Wolf



Meow Wolf Art Complex stands as a beacon of creativity and community in Santa Fe's emerging Midtown Innovation District, welcoming locals and tourists alike to take part in fun, enriching art experiences, workshops, and community activities. Meow Wolf is an arts production company that creates immersive, multimedia experiences that transport audiences of all ages into fantastic realms of storytelling. This unique fusion of art and entertainment gives audiences fictional worlds to explore. Entry Fee is \$13 (for seniors age 60+) and is at your own expense. We will have lunch at a local restaurant in town.

### Highland

Wednesday, December 20  
Check in: 9:00 am • Return: 4:30 pm  
\$7.50 Transportation

# THEATER

## Funny Money - Adobe Theater

Henry Perkins, a mild-mannered accountant, accidentally trades briefcases with another man, to find out that there's five million dollars inside. Henry tells his unsuspecting wife of their new-found fortune, but she doesn't embrace it as well as he does. Soon they're joined by their best friends, a cop on the take, a cop on the hunt, and the dreaded Mr. Big, who has come to claim his million dollars.



## Bear Canyon

Sunday, July 30  
Check In: 12:45 pm • Return: 5:00 pm  
\$16 admission and transportation

## The Savannah Sipping Society - Adobe Theater

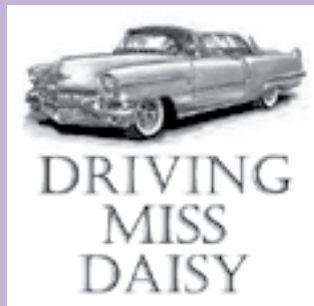


In this delightful, laugh-a-minute comedy, four unique single Southern women, all needing to escape the sameness of their day-to-day routines, are drawn together by Fate—and an impromptu happy hour—and decide it's high time to reclaim the enthusiasm for life they've lost through the years. Over the course of six months, filled with laughter, hilarious misadventures, and the occasional liquid refreshment, these middle-aged women successfully bond and find the confidence to jumpstart their new lives. Together,

they discover lasting friendships and a renewed determination to live in the moment and most importantly, realize it's never too late to make new old friends.

## Bear Canyon

Sunday, August 27  
Check In: 12:45 pm • Return: 5:00 pm  
\$16 admission and transportation

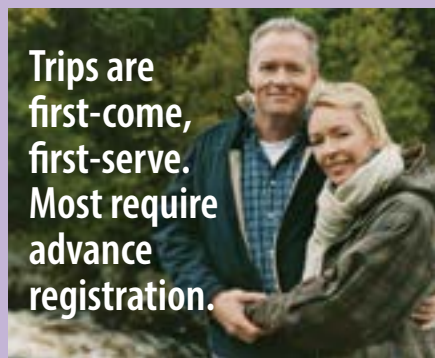


## Driving Miss Daisy - Albuquerque Little Theater

Driving Miss Daisy tells the story of an elderly Jewish matron, Daisy Werthan, and her chauffeur, Hoke Coleburn. At first, Daisy is none too happy about being forced to rely on a black man to get from one place to the next. Gradually, however, Hoke wins her over, and during the 25 year span of the play, the two develop a deep-rooted affection. This Pulitzer Prize winning masterpiece is a delicate depiction of racial tensions, the passage of time, and the experience of aging. Playwright Alfred Uhry creates two outsiders who came to a mutual respect grounded in each of their independence, strength, and stubborn integrity.

## Bear Canyon

Sunday, September 10  
Check In: 12:45 pm • Return: 5:00 pm  
\$22 admission and transportation



**Trips are first-come, first-serve. Most require advance registration.**

## The Addams Family - Albuquerque Little Theater



The Addamses have lived by their unique values for hundreds of years and Gomez and Morticia, the patriarch and matriarch of the clan, would be only too happy to continue living that way. Their dark, macabre, beloved daughter Wednesday, however, is now an eighteen-year-old young woman who is ready for a life of her own. She has fallen in love with Lucas Beineke, a sweet, smart boy from a normal, respectable Ohio family - the most un-Addams sounding person one could be! And to make matters worse, she has invited the Beineke's to their home for dinner. In one fateful, hilarious night, secrets are disclosed, relationships are tested, and the Addams family must face up to one horrible thing they've managed to avoid for generations: change.

## Bear Canyon

Sunday, October 8  
Check In: 12:45 pm • Return: 5:00 pm  
\$22 admission and transportation



## Annie - Albuquerque Little Theater

With a perfect combination of street-smarts and optimism, Annie warms the hearts of the audience as we witness her rise from next-to-nothing in New York City. She is determined to find her parents, who left her at the orphanage years ago. Though things don't quite work out the way she has planned, she does manage to thwart the plans of the evil Miss Hannigan and find a new family with billionaire Oliver Warbucks, his secretary Grace Farrell, and her lovable pooch, Sandy.

## Bear Canyon

Sunday, December 17  
Check In: 12:45 pm • Return: 5:00 pm  
\$22 admission and transportation



# GET OUT AND VOTE



**Early Voting September 13th thru September 29th**

Manzano Mesa  
North Domingo Baca

**Election Day October 3rd**

Barelas  
Bear Canyon  
Highland  
Manzano Mesa  
North Domingo Baca  
North Valley  
Palo Duro

[abqvote.com](http://abqvote.com)

## Investing in a healthy New Mexico for more than 100 years.

As long as there have been New Mexicans, Presbyterian has been caring for them. We've been a part of New Mexico longer than New Mexico has been a state. Over that time, healthcare has changed in ways no one could have imagined. What hasn't changed is our dedication.

**PRESBYTERIAN** (505) ASK-PRES (275-7737)

[www.phs.org](http://www.phs.org)

## SAVE THE DATE

**Saturday, November 18, 2017**

## Fraud Prevention

November 12 – 18, 2017 is International Fraud Awareness Week. Join the City of Albuquerque Department of Senior Affairs, the Association of Certified Fraud Examiners and other professionals in fighting fraudulent scams that target today's society including our elderly population.

**Manzano Mesa  
Multigenerational Center  
9:00 am – 3:00 pm**





# Congratulations

City of Albuquerque for being named the host City for the  
2017 and 2018 New Mexico State Senior Olympics  
and the 2019 National Senior Games



## New Mexico State Senior Olympics

July 19 – 22, 2017



Volunteers needed call 505-764-6400  
For more information call 888-623-6676

## HEALTH FAIR

Thursday, October 19th 2017; 8 AM to 1:30 PM @ Embassy Suites  
1000 Woodward PINE ABQ NM 87102 Lomas & I25

FREE EVENT

PRIME TIME  
**50+**  
EXPO  
22<sup>nd</sup> ANNUAL



### More than just a health fair:

- Free Flu Shots
- Speaker Sessions
- Free Health Screenings
- Free Transportation  
(to and from event from  
senior centers)
- Entertainment &  
Much More!



Brought to you by:



**BlueCross BlueShield  
of New Mexico**

A Division of Health Care Service Corporation, a Mutual Legal Reserve Company,  
an Independent Licensee of the Blue Cross and Blue Shield Association

**Davita**  
Medical Group



CITY OF ALBUQUERQUE

BERNALILLO COUNTY  
DEPARTMENT OF SENIOR AFFAIRS



Richard J. Berry, Mayor    Jorja Armijo-Brasher, Director

For more information call  
**505-880-0470**



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BlueCross BlueShield  
of New Mexico

A Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

480183.0517


# STOP Senior Hunger

Over 3 million seniors over the age of 65 are faced with the decision to pay for food or pay for medicine.




Donate Senior-friendly food at:

- Senior Centers
- Multigenerational Centers
- Sports & Fitness Centers





CITY OF ALBUQUERQUE



BERNALILLO COUNTY

DEPARTMENT OF SENIOR AFFAIRS





# VOLUNTEER

Senior Corps Volunteers contribute over 234,000 hours to our community annually; this translates to a contribution valued at approximately \$4.7 million dollars!\*

\* Value of Volunteer Time according to the Independent Sector in NM in 2015 is \$19.91 per hour. For information call 767-5225



## Department of Senior Affairs Transportation Nutrition Division:

Volunteer Drivers are needed to provide transportation for seniors to and from various meal sites, medical appointments, and grocery shopping for daily, four- hour shifts; Monday – Friday.

## Meals on Wheels of Albuquerque:

Kitchen volunteers are needed any day Monday through Friday from 9 am-11am. Volunteer Drivers are needed to deliver meals (Use of personal vehicle required).

## Catholic Charities:

Volunteer Drivers are needed to provide door to door transportation services to seniors for medical appointments and grocery shopping. Use of personal vehicle is required; agency gives mileage reimbursements.

## Adelante Development Center Benefits Counseling Center:

Volunteers are needed to assist seniors and persons with disabilities in determining eligibility and enrollment for subsidized benefit programs. Training will be provided. Skills: Call for details.

## Alzheimer's Association:

Must have the ability to perform various clerical duties and other assignments. Flexible work days are available.

## Ronald McDonald House:

Family Room Volunteers are needed to greet and sign in families, maintain laundry room, stock food and drinks, and help families with their needs.

## Ombudsman Program:

Volunteer Advocates are needed for residents in nursing homes and assisted living facilities.

## The Foster Grandparent Program Advisory Council:

Council members are needed to advocate on behalf of volunteers, evaluate Program effectiveness, and assist in the recognition of volunteers by raising funds and resources.

*Are you 55 years of age or older?  
Would you like an opportunity  
to help your community?*

Senior Corps Volunteers receive supplemental insurance and transportation reimbursements!



## Senior Companions

### Make Independence A Reality

Senior Companions are healthy older adults who help other adults live independently and can provide support to family caregivers. They assist with grocery shopping and other daily tasks necessary to maintaining independent living.

Senior Companions serve an average of 20 hours per week, may qualify for a tax free stipend, and receive assistance for meals & transportation costs.

You don't need medical or technical skills to be a Senior Companion. All you need to know is how to be a friend.

YOU HAVE A NEIGHBOR WHO NEEDS A HELPING HAND

For information call 764-1612

## Foster Grandparents

### Share Today. Shape Tomorrow

Foster Grandparents serve as tutors and mentors assisting children with special and exceptional needs.

Foster Grandparents serve an average of 20 hours per week, receive meals while on duty, and may qualify for a tax free stipend.

Over 80 Foster Grandparents contribute 80,000 hours of service each year. Foster Grandparents serve in more than 40 sites in Albuquerque, including Elementary Schools, City of Albuquerque Child Development Centers, Head Start Programs, and Community Programs.

The Foster Grandparent Program goals are to enable Foster Grandparents to remain active through participation in meaningful placements and needed community service. Children receive the necessary attention for educational, social, & emotional development.

For information call 764-6412

## RSVP

### Lead With Experience

RSVP recruits and places volunteers in government and non-profit organizations to meet community needs.

With RSVP, you choose how much time you want to give and whether you want to share your skills or develop new skills.

For information call 767-5225



Albuquerque Senior Corps

Corporation for  
NATIONAL &  
COMMUNITY  
SERVICE



Senior Corps is a division of the Corporation for National & Community Service, is jointly administered by New Mexico Aging & Long-Term Services Department, and is sponsored locally by the City of Albuquerque Department of Senior Affairs.